

## **Resources for Families Dealing with Emotional Response**

From DCS <https://www.tn.gov/dcs/covid-19.html>

### **Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic**

The following guidance, recommendations, and resources are provided by child trauma experts at Child Trends and the Child Trauma Training Center at the University of Massachusetts. The Center is housed at the University of Massachusetts with Child Trends as the lead evaluating agency, with funding from SAMHSA and the National Child Traumatic Stress Network and additional support from HRSA.

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Information about how to talk to your kids about coronavirus and what families need to know to stay healthy.

<https://www.kidcentraltn.com/health/when-kids-get-sick/coronavirus--what-families-need-to-know-.html>

Resources from DOE

<https://www.tn.gov/education/health-and-safety/update-on-coronavirus.html>

Resources from ZerotoThree

<https://www.zerotothree.org/resources/3291-coronavirus-resources-for-early-childhood-professionals#chapter-2445>

<https://www.zerotothree.org/resources/2896-getting-started-with-mindfulness-a-toolkit-for-early-childhood-organizations>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.zerotothree.org/resources/357-building-resilience>

PCAT

<https://www.pcat.org/covid19-response>

Harmony- Free online Parent Support Groups: [https://www.harmonyfamilycenter.org/harmony-at-home?fbclid=IwAR3eowEU304qQD4WxNr5TqiDoRCw384pI6NfFdwff\\_yIUdb5MQ7mq7IUu](https://www.harmonyfamilycenter.org/harmony-at-home?fbclid=IwAR3eowEU304qQD4WxNr5TqiDoRCw384pI6NfFdwff_yIUdb5MQ7mq7IUu)

Pyramid Model Scripted Stories and activities to help deal with challenging behaviors:

<https://challengingbehavior.cbcs.usf.edu/resources/index.html?fbclid=IwAR0u-Dhzoypik48cKdpeaQOFy5wsO-CbXQXCyZrly9m8BhdRn29VVzPeoCU>

PBS: How you and your kids can destress during coronavirus:

[https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus?utm\\_campaign=covid19&utm\\_content=1584228300&utm\\_medium=social&utm\\_source=facebook&fbclid=IwAR0DvVg-BacTZkNLMf3CtJLKmG9aib2JtaqLcXU5bRehaBOi-oTpEUtm09U](https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus?utm_campaign=covid19&utm_content=1584228300&utm_medium=social&utm_source=facebook&fbclid=IwAR0DvVg-BacTZkNLMf3CtJLKmG9aib2JtaqLcXU5bRehaBOi-oTpEUtm09U)

CDC Ideas on helping children cope with disasters:

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Resources for Parents and Professionals on working with children during the pandemic:

[https://first3yearstx.org/coronavirus/?fbclid=IwAR3t3hUoP-ca77X\\_-spfoWnhNIUtiEzkw8TKoVvj\\_fqi-wK7jmCW-T65j\\_4](https://first3yearstx.org/coronavirus/?fbclid=IwAR3t3hUoP-ca77X_-spfoWnhNIUtiEzkw8TKoVvj_fqi-wK7jmCW-T65j_4)

PCAT text line for overwhelmed parents: [https://www.pcat.org/blog/2020/3/24/were-offering-a-lifeline-for-overwhelmed-parents-with-young-kids-and-its-all-done-by-text?fbclid=IwAR1doUt6oX2qnPz48L\\_swKyMv3CqrbVmrEyrDH5E\\_Wyms1\\_gnotRFK6QmS8](https://www.pcat.org/blog/2020/3/24/were-offering-a-lifeline-for-overwhelmed-parents-with-young-kids-and-its-all-done-by-text?fbclid=IwAR1doUt6oX2qnPz48L_swKyMv3CqrbVmrEyrDH5E_Wyms1_gnotRFK6QmS8)

Video by Dr. Barbara Stroud: Dr. Stroud has provided this informational video for parents in order to support caregivers in managing the emotional responses and developmental needs of their children during this crisis. Dr. Stroud provides parents with information and skills to support their children's emotional health, mental well-being, and build necessary skills of resilience.

Video:

[https://www.youtube.com/watch?v=MdKeau2huT4&feature=youtu.be&fbclid=IwAR3TWrgLONWHqA6r-8\\_NOXX0f\\_L3KJOLar-XexDEKzn-ccou-7-RuU5GPiw](https://www.youtube.com/watch?v=MdKeau2huT4&feature=youtu.be&fbclid=IwAR3TWrgLONWHqA6r-8_NOXX0f_L3KJOLar-XexDEKzn-ccou-7-RuU5GPiw)

Advice from Lerner Child Development on helping you and your child cope with the issues related to the coronavirus:

<https://www.lernerchilddevelopment.com/mainblog/copinginthetimeofcoronavirus?fbclid=IwAR16aNZI4eIAhSjulxLisXovtxIm23epduPeF45TiJMG3Kvfngu7NB297xU>