

For Parents: How do I talk with my child or teen about COVID-19? *

- NPR: [Just for Kids: A Comic Exploring The New Coronavirus](#) A resource for children about coronavirus, what it is and how to protect oneself.
- National Association of School Psychologists [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) A resource for parents on how best to talk to children about the coronavirus.
- Psychology Today <https://www.psychologytoday.com/us/blog/hope-resilience/202003/how-talk-your-kids-about-covid-19>
- New York Times [Talking to Teens and Tweens about Coronavirus](#) This article details advice from experts on how parents can help teens be prepared and have the right information about the coronavirus.
- SAMHSA o Talking with Caregivers, Parents. And Teachers during Infectious Disease Outbreaks (PDF, 12.8MB) Resource provides helpful information how to talk with children of different age groups.
- The National Child and Traumatic Stress Network o Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19) (PDF ,144KB) This resource provides information for parents and caregivers about outbreaks, how they can prepare to reduce stress and anxiety, how it may affect your family both physically and emotionally and ways to cope.

*from Cleveland clinic children's center for behavioral health