



Serving the communities of Brookline, Dedham, Dover, Needham, Newton, Waltham, Wellesley, Weston, & Westwood

www.chna18.org

Resources for Youth & Families Related to Covid-19

6 Ways Parents Can Support Their Children:

<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>

Talking With Children About Coronavirus:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Coronavirus Tips & Resources for Parents, Children, Educators:

<https://preventchildabuse.org/coronavirus-resources/>

Helping Children Cope With Changes Resulting From Covid-19:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

How Teenagers Can Protect Their Mental Health During Coronavirus:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Looking After Our Mental Health:

https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-Coronavirus/healthyathome/healthyathome---mental-health?gclid=Cj0KCQjwIN32BRCCARIsADZ-J4vnqIBs9xg3fHitwAVHyWyJ9B-FY6AGd7HRMM7t39hBzvd5q1d1DwgaApV1EALw_wcB