



Helping Children Cope: Parent Resources

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Helping Children Cope with the COVID-19 Pandemic

Guide and activities book for parents and other caring adults to help children cope with the pandemic. Author: Annette M. La Greca, Ph.D., University of Miami Distinguished Professor of Psychology and Pediatrics. Click [here](#) to access.

Trinka & Sam Fighting the Big Virus

Storybook and resource guide from Piplo Productions, developed to help young children and their families talk about their experiences and feelings related to COVID-19. Click [here](#) to access.

NCTSN Parent/Caregiver Guide to Helping Families Cope with the COVID-19 Pandemic

Guide to help families think about how COVID-19 has affected them, both physically and emotionally, and what they can do to cope. Click [here](#) to access.

Infographics: Staying Calm & Staying Positive

Find tips and strategies to stay calm and positive with these easy-to-print and share infographics by the National Center for Pyramid Model Innovations. Click [here](#) to access.

The Story of the Oyster and the Butterfly: The Coronavirus and Me

A book by psychotherapist Ana M. Gomez to help older children understand the coronavirus. Click [here](#) to access.