



# Tips for Families: Coronavirus

The following resources offer tips for families including age appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.

## HOW ARE YOU DOING?

### Talking about the Coronavirus

#### **Baby Talks: Parent Coronavirus Questions Answered**

ZERO TO THREE parenting experts address common parent questions and concerns during this challenging time.

#### **Answering Your Young Child's Questions About Coronavirus**

Even if you've kept your toddler away from news about COVID-19 in the media or overhearing adult conversations, they are bound to have questions. Here are some age-appropriate responses to common questions.

#### **Just For Kids: A Comic Exploring The New Coronavirus**[offsite link](#)

NPR presents a comic developed from an interview with Tara Powell, Joy Osofsky, PhD, and Krystal Lewis on what kids might want to know about the Coronavirus.

#### **Why are people wearing masks? Why are people covering their faces?**

Read through tips to answer tough questions toddlers may ask about COVID-19.

#### **Supporting Young Children Isolated Due to Coronavirus (COVID-19)**

Learn more about common reactions in children when they are faced with stress and things you can do to help.

## Self-Care & Time at Home

#### **Dr. Barbara Stroud presents COVID-19 Tips for Parents**

A member of ZERO TO THREE's Academy of Fellows, Dr. Stroud provides parents with information and

skills to support their children’s emotional health and mental well-being, and build necessary skills of resilience.

### **Parenting During Coronavirus: You Are Enough**

Managing expectations as a parent is key during stressful times.

### **Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care**

Self-care is not selfish or indulgent—it’s how we keep ourselves well to ensure we are physically, emotionally, and mentally capable of being there for our young children.

### **At-Home Activity Guide**

With these activities and experiences at-the-ready, you can feel less stressed and more prepared!

**First Things First: Parenting in the time of coronavirus and social distancing**[offsite link](#) Families have lots of questions, so First Things First, an early childhood agency, reached out ZERO TO THREE’s parenting expert for her thoughts and advice for parents with babies, toddlers and preschoolers during this period of social distancing.

**COVID-19: Advice for Caregivers of Young Children** This infogram handout from experts at the Louisiana State University Health Sciences Center outlines common ways children react to stress, and ideas to help.

## **Staying Connected**

### **Five Tips to Make the Most of Video Chats**

Can’t visit the grandparent’s because of new rules or worries? Here are some tips for making the most of your next video chat.

### **Separated From Your Young Child?**

Sheltering in place or self-quarantine frequently means being apart from our family, including our very young children. Those on our “front lines” in this fight—our medical personnel, our first responders, even our grocery store personnel—are making the very difficult choice of staying away, rather than risk infecting their little ones. While these days and weeks are filled with more questions than answers, there are still many ways for parents to keep their connection strong with their little ones.

### **Staying Connected While Separated from Your Young Child**

Here are some additional ideas to keep the parent-child connection strong, even if you can’t be together with your child.