

Resources for Parents and Families

COVID-19 Parenting Tips:

- https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tipsheet1-updated.pdf?sfvrsn=788a73e3_2
- https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-2-covid-19-parenting.pdf?sfvrsn=c872a800_6
- https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-3-covid-19-parenting.pdf?sfvrsn=492ecf57_6
- https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tipsheet4-updated.pdf?sfvrsn=9257f2f6_2
- https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-6-covid-19-parenting.pdf?sfvrsn=232558c1_8
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

COVID-19

- <https://www.ffcmh.org/covid-19-resources-for-parents>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/mental-health/Students-Care-for-Yourself.pdf>
- https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/318271-A_FS_KeyStepsWhenWaitingForCOVID-19Results_3.pdf
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/mental-health/Young-Adults-Care-for-Yourself.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/covid-19-pets-prevention.pdf>
- <https://childmind.org/article/anxiety-and-coping-with-coronavirus/>
- <https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/mental-health/Parents-Care-for-Yourself.pdf>

Self-Care and Coping with Stress

- <https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Interpersonal/Interpersonal---Information-Sheets/Interpersonal-Information-Sheet---04---Coping-With-Stress.pdf>
- https://d19feca0-eced-41a5-87d8-6715b9022c27.filesusr.com/ugd/eeef8_83ed732d96fc4a87933561666246cc10.pdf?index=true
- <https://www.virusanxiety.com/>
- <https://www.apa.org/pubs/magination/unstuck-ebook.pdf>
- <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>
- <https://www.zerotothree.org/resources/3351-mindfulness-breaks-a-weekly-series-for-self-care>

Inclusive Environment

- <https://spanadvocacy.org/wp-content/uploads/2020/04/SFS-Covid-4-01-2020FINAL-Update-1.pdf>
- <https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>
- <https://www.autism-society.org/covid-19/>
- <https://www.autism-society.org/wp-content/uploads/2014/04/buildingourfuture06.pdf>
- <https://www.autism-society.org/wp-content/uploads/2017/02/nextsteps09.pdf>
- <https://www.autism-society.org/wp-content/uploads/2017/12/Growing-Up-Together-Elementary-2017R.pdf>
- https://www.autism-society.org/wp-content/uploads/2014/04/LWA_Supporting-AppropriateBehavior.pdf

Developmental Milestones

- <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>
- https://www.cdc.gov/ncbddd/actearly/pdf/checklists/all_checklists.pdf
- <https://cliengage.org/public/tools/assessment/infant-toddler-checklists/>

Allergic Reactions and Allergies

- <https://www.allergycookie.com/educational-food-allergies-handout-now-available-for-distribution/>
- <https://www.kidswithfoodallergies.org/media/1616/different-types-of-food-allergies.pdf>
- <https://www.kidswithfoodallergies.org/media/10-School-Planning-Tips-For-Children-With-Food-Allergies.pdf>
- <https://www.kidswithfoodallergies.org/media/1616/different-types-of-food-allergies.pdf>

Safe Sleep and Breast Feeding

- <https://www.cdc.gov/vitalsigns/safesleep/index.html>
- <http://www.perinatalervicesbc.ca/health-professionals/professional-resources/health-promo/safer-sleep>
- http://images.meredith.com/parents/images/2014/02/pmm_650_InfoGraphicCrib.png
- <https://www.cdc.gov/breastfeeding/resources/fact-sheets-infographics.html>

Abuse and Neglect

- <https://static1.squarespace.com/static/54da632be4b0c3a7f3a8a90d/t/55689339e4b0d6fc6b6e2f28/1432916793921/Healthy+vs+Unhealthy.pdf>
- <https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>

Quality Based Programs

- <https://www.collabforchildren.org/educators/quality-improvement-programs>
- <https://texasrisingstar.org/about-trs/trs-quality-improvement/>
- <https://texaschoolready.org/tsr-comprehensive>