



Saint James Elementary School



COVID-19 INFORMATION FOR PARENTS

Resources to help children cope

<https://childwellnessinstituteofnj.org/helping-children-cope-with-covid-19-the-coronavirus/>

https://sel4us.org/covid-19-sel-mental-health/?link_id=0&can_id=dfaa5548cfd8a51d99259f3678b9f136&source=email-sel-and-mental-health-resources-during-covid-19-outbreak&email_referrer=email_753498&email_subject=sel-and-mental-health-resources-during-covid-19-outbreak

https://sel4us.org/blog/social-emotional-learning-supports-around-covid-19/?link_id=1&can_id=dfaa5548cfd8a51d99259f3678b9f136&source=email-sel-and-mental-health-resources-during-covid-19-outbreak&email_referrer=email_753498&email_subject=sel-and-mental-health-resources-during-covid-19-outbreak

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

Various articles: Childmind.org

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

CDC

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Frequently Asked Questions

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Taking Care of Yourself

<https://emergency.cdc.gov/coping/selfcare.asp>

You Tube Videos for Students on Coronavirus

<https://www.youtube.com/watch?v=vSsKQPqpS7A>

Information on Coronavirus

<https://njsbf.org/wp-content/uploads/2020/03/share-facts-h.pdf>

National Association of School Psychologist

<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>