

**Below are great resources from Adam E Smith, BSBA, Director of Prevention Programs for Pennsylvania Family Support Alliance (**[**https://www.pa-fsa.org/**](https://www.pa-fsa.org/)**) – Thanks Adam!**

Supporting Kids During the Coronavirus Crisis

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

Supporting Teenagers and Young Adults During the Coronavirus Crisis

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

Talking to Kids About the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

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

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>

Support for kids with ADHD during the coronavirus crisis

<https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

Tips for talking with your child with autism about the coronavirus

<https://childmind.org/article/tips-for-talking-with-your-child-with-autism-about-the-coronavirus/>

Supporting children with autism during the coronavirus outbreak

<https://childmind.org/article/supporting-children-with-autism-during-the-coronavirus-outbreak/>

Teaching handwashing to children with a developmental disability

<https://childmind.org/article/teaching-handwashing-to-children-with-a-developmental-disability/>

Tips for ABA service providers

<https://childmind.org/article/tips-for-aba-service-providers/>

How to help children manage fears

<https://childmind.org/article/help-children-manage-fears/>

Tips for calming anxious kids

<https://childmind.org/article/tips-calming-anxious-kids/>

How to avoid passing anxiety on to your kids

<https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/>

What to do (and not do) when children are anxious

<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Panic attacks and how to treat them

<https://childmind.org/article/panic-attacks-best-treatments/>

Love in the time of Covid19:

<https://positiveexperience.org/love-in-the-time-of-coronavirus-a-hope-informed-guide-for-parents/>

NAMI Covid19 Guide: <https://www.nami.org/covid-19-guide>

Coloring book: <https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf>

Family Covid19 awareness resources:

<https://kidshealth.org/en/parents/coronavirus-landing-page.html?WT.ac=p-ra>

Free virtual tours for museums, zoos and aquariums all around the world:

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

***Updated 5.5.2020***