

# COVID-19 resources for parents, caregivers and families

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Please note that these materials are from third-party sources. HCA cannot guarantee the accuracy of the information provided by external sources/links and does not accept responsibility or liability for any consequences arising from the use of such information.

## Virtual sessions

- HCA will be supporting virtual sessions with parents in English and in Spanish. Check [here](#) for call and registration information.
- [Partnership for Drug-Free Youth](#) - [online support](#) community for parents and caregivers or [text, call or e-mail a specialist](#)
- [Child Mind Institute](#) Facebook Live video chats with expert clinicians and phone consultations
- [The Parenting Academy](#) - free virtual seminars and one-on-one or group seminar parenting coaching.
- [Seattle Children's Hospital](#) - Child Development and Parenting recorded resources

## Online resources for parents and caregivers

- Start Talking Now [website](#) and [Facebook page](#)
- Washington Office of Superintendent of Public Instruction - [Resources to support student well-being and school safety](#)
- World Health Organization: [Parenting in the time of COVID-19](#)
- Substance Abuse and Mental Health Services Administration - [Talking with children: Tips for caregivers, parents, and teachers during infectious disease outbreaks](#)
- The National Child Traumatic Stress Network - [Taking care of yourself](#)
- The National Child Traumatic Stress Network - [Simple activities for children and adolescents](#)
- [Raising Kids Who Thrive; PBS Resources](#)
  - [Parenting during Coronavirus](#)
  - [How you and your kids can de-stress during coronavirus](#)
  - [Schools closed how to make a new home routine](#)
  - [8 indoor activities to release kids energy](#)
- [Common sense media](#) - Resources for families during the Coronavirus pandemic - Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids.
- [COVID-19 fact sheet for grandfamilies and multigenerational families](#)

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- The National Child Traumatic Stress Network – [Parent/caregiver guide to helping families cope with the Coronavirus Disease 2019](#)

## Articles for parents and caregivers

- Partnership for Drug-Free Kids - [In a time of disruption, protecting your child from the risks of substance use](#)
- [COVID-19 boredom boom brings new parenting challenges](#) – discusses boredom and leisure research by Dr. Elizabeth Warren from Washington State University.
- Greater Good Magazine – [How to help teens shelter in place](#)
- [Parenting in the time of Coronavirus and social distancing](#)
- [Answering your young child’s questions about Coronavirus](#)
- [Questions your toddler may ask about Coronavirus](#)
- [Supporting young children isolated due to Coronavirus](#)
- [Make time for self-care](#)

## Resources for youth

- You Can [website](#), [Facebook](#) and [Instagram](#)
- [Teen Link](#) – a helpline for teens, by teens
- Substance Abuse and Mental Health Services Administration – [Tips for Teens](#)
- [#TakeDownTobacco Digital Power Wall](#)
- [Sources of Strength activities](#)
- National Institute of Drug Abuse for Teens: [Toolkit for Out of School Time](#)
- Washington State Department of Children, Youth & Families – [Strengthening Families coloring books](#)
- [A comic exploring the new coronavirus for kids](#) (tweens and teens)
- [Learning Links – 4-H and more!](#) (Grades K – 12)

## Staying connected virtually

- [Five tips to make the most of video chats](#)
- Search Institute – [Building developmental relationships during the COVID-19 crisis checklist](#)
- [Separated from your young child?](#)
- [Staying connected while separated from your young child](#)