

# Supporting Families During COVID-19

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[C childmind.org/coping-during-covid-19-resources-for-parents](https://childmind.org/coping-during-covid-19-resources-for-parents)

The Child Mind Institute is open and available for you and your child during this crisis. **[Click here to learn about our telehealth evaluations and treatment](#)** for ADHD, mood disorders, anxiety disorders, autism spectrum disorders and learning disorders. Click here to read our **[COVID-19 Child and Adolescent Mental Health Tipsheet](#)**.

Our supportive resources include:

- [#WeThriveInside, our social campaign helping kids through COVID-19 and beyond](#)
- [Facebook Live video chats with expert clinicians \(4.30pm M-F\)](#)
- [Remote evaluations, telehealth and flat-fee phone consultations for parenting questions](#)
- [Daily tips for parenting during the crisis, via email](#)
- [CrisisLogger, a community research initiative collecting messages from parents, educators and frontline professionals.](#)
- **Comprehensive resources for parents on coronavirus topics below the video**

**And Today's Daily Tip: ENCOURAGE OPEN CONVERSATION**



Watch Video At: <https://youtu.be/38NMdUWHwTE>

[Click here for a playlist of previous Daily Tips.](#)

**Click below to navigate to each section:**

- [Coping With the Coronavirus Crisis](#)
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## **Coping With the Coronavirus Crisis**

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[Supporting Kids Through the COVID-19 Crisis](#)

Tips for nurturing and protecting children at home.

[Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)

Tips for parents with older children at home.

[Self-Care in the Time of Coronavirus](#)

For parents, prioritizing your own well-being benefits your whole family.

[Anxiety and Coping With the Coronavirus](#)

Managing worry — your kids' and your own.

[How Mindfulness Can Help During COVID-19](#)

Tips for calming anxiety during a difficult time.

[Talking to Kids About the Coronavirus](#)

Kids worry more when they're kept in the dark. Here's what to say.

[Giving Kids With ADHD Support and Structure During the Coronavirus Crisis](#)

Managing attention (yours and theirs) will help kids thrive.

[Single Parenting During the Coronavirus Crisis](#)

Strategies for managing when you're going it alone

[Coronavirus Parenting: Managing Anger and Frustration](#)

Parents everywhere are losing their temper and yelling at their kids. How to maintain your cool under stress

## **Autism and the Coronavirus**

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[Resources for Families of Children on the Spectrum](#)

From how to talk to kids with autism about the coronavirus to how to teach handwashing and develop schedules.

## Remote Learning

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### Strategies for Supporting Learning at Home

We know how difficult this situation can be for children of any age. We offer these guidelines and strategies from our experts to help families support their children's education at this time.

### Family Resources for Remote Learning

Clinicians from our Learning and Development Center have organized resources for parents who are suddenly responsible for the home school environment.

## Managing Anxiety

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### Anxious Stomach Aches and Headaches

Anxiety in children sometimes manifest physically. Here's what to watch for.

### How to Help Children Manage Fears

Tips for teaching children how to build resilience and learn to calm themselves down, even when things feel scary.

### Tips for Calming Anxious Kids

Go-to techniques for coaxing anxiety-prone children out of their fears from a Mom who's been there.

### How to Avoid Passing Anxiety on to Your Kids

Help yourself, and them, by learning techniques to manage stress in a healthy way.

### How Anxiety Leads to Disruptive Behavior

Kids who are acting out, melting down, or being defiant may actually be seriously anxious.

### What to Do (and Not Do) When Children Are Anxious

How to respect their feelings without empowering their fears.

### Panic Attacks and How to Treat Them

Knowing what to look for and how to help children calm down is key.

### The Power of Mindfulness

How a meditation practice can help kids (and parents) feel less anxious and more relaxed.

## Discipline and Behavior

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### Why Do Kids Have Problems With Transitions?

A look at why being asked to switch gears is a common trigger for whining and tantrums.

### How Can We Help Kids With Transitions?

With the right support, children can learn to change gears without whining and tantrums.

### Three Common Parenting Traps

And tips for avoiding them.

### Why do Kids Have Tantrums and Meltdowns?

Understanding why they happen can help parents head problems off before they escalate.

### How to Discipline Toddlers

Setting and enforcing consistent limits is key.

### How To Make Time Outs Work

Tips for using them effectively.

### When Siblings Won't Stop Fighting

How parents can keep the peace and help kids learn to resolve conflicts.

### Coronavirus Parenting: Managing Anger and Frustration

Parents everywhere are losing their temper and yelling at their kids. How to maintain your cool under stress

## **Dealing With Loss**

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### Helping Children Cope With Grief

Tips broken down into a range of ages and experiences, and information about what to say, who should say it, what to look out for and how to help.

### How to Handle Holidays After a Death in the Family

Grief can make special days harder

### What Is PTSD?

The disorder looks different in children as they develop

### Treatment for PTSD

There are several evidence-based therapies for young people with PTSD