

# COVID-19 Parental Resources Kit

Ensuring Children and Young People's Social, Emotional, and Mental Well-being

Updated Dec. 28, 2020

Resources, by Age Group

- Overview
- [Early Childhood \(0-5y\)](#)
- [Childhood \(6-12y\)](#)
- [Adolescence \(13-17y\)](#)
- [Young Adulthood \(18-24y\)](#)

## Children and Young People's Social, Emotional, and Mental Health



Coronavirus disease (COVID-19) can affect children and young people directly and indirectly. Beyond getting sick, many young people's social, emotional, and mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage can continue to affect them across their lifespan.

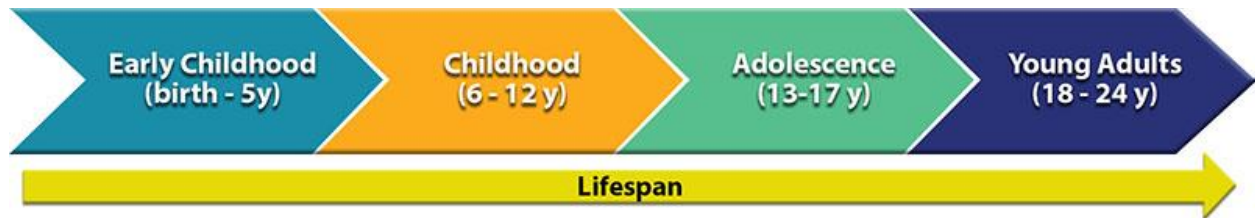
Some of the challenges children and young people face during the COVID-19 pandemic relate to:

- **Changes in their routines** (e.g., having to physically distance from family, friends, worship community)
- **Breaks in continuity of learning** (e.g., virtual learning environments, technology access and connectivity issues)
- **Breaks in continuity of health care** (e.g., missed well-child and immunization visits, limited access to mental, speech, and occupational health services)
- **Missed significant life events** (e.g., grief of missing celebrations, vacation plans, and/or milestone life events)
- **Lost security and safety** (e.g., housing and food insecurity, increased exposure to violence and online harms, threat of physical illness and uncertainty for the future)

CDC developed this **COVID-19 Parental Resource Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being** to help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental health challenges and helping to ensure their well-being.

## Resources, by Age Group

Learn about the social, emotional, and mental health challenges faced by each age group, find out what you can do to help, and access age-group specific resources to get you started.



[Early Childhood \(0-5y\)](#) | [Childhood \(6-12y\)](#) | [Adolescence \(13-17y\)](#) | [Young Adults \(18-24y\)](#)

Here are some quick ideas for how to get conversations started with children and young people about how they are feeling and what they are struggling with regarding COVID-19. You don't have to use these exact words—you know best how to speak with your child, adolescent or youth. In addition, how we talk to children and young people varies depending on their age and developmental level.

- COVID-19 is a new disease, which can be confusing. Do you have any questions about it? If I don't know the answer, I can try to find it or maybe we could search for it together.
- People can be angry, sad, or worried when something bad happens. Those feelings can make you feel confused or uncomfortable. Tell me what you have been feeling since the changes started.
- What worries you most about COVID-19?
- Have you been feeling nervous about going back to school because of COVID-19?
- Wearing masks and staying at a distance from others is not something we were used to doing. How do you feel about that?
- When our minds are stuck on bad things, it can be really hard to focus on other things. Have you ever felt this way? What kinds of things does your mind get stuck on?
- Is there anything that you are looking forward to, for when we can connect in-person more safely and return to more normal activities—like a vacation, movie, graduation or playing on a sports team? Tell me about what that might look like!

Some of these conversation starters are used in [Psychological First Aid \(PFA\)pdf iconexternal icon](#) – an approach commonly used among disaster survivors to cope with trauma. PFA can be useful for parents to help children and young people cope by enabling and maintaining environments that promote safety, calmness, connectedness to others, self-efficacy (empowerment), and hopefulness. Remember: It's okay not to have an answer, just being there to listen in a non-judgmental way can be helpful!

Below are some resources to help you learn more about PFA and other tools for parents and caregivers to help children and young people cope.

- National Child Traumatic Stress Network
  - [Helping Children Cope with the COVID-19 Pandemicpdf iconexternal icon](#) (Yale Child Study Center)

- [Psychological First Aid: Field Operations Guideexternal icon](#) (2nd Edition)
- Center for the Study of Traumatic Stress, Uniformed Services University
  - [Psychological First Aid: How You Can Support Well-Being in Disaster Victimspdf iconexternal icon](#)
  - [Discussing Coronavirus with Your Childrenpdf iconexternal icon](#)
  - [Finding the Right Words to Talk with Children and Teens about Coronaviruspdf iconexternal icon](#)

## Resources

Explore different types of resources available to help you support young people’s social, emotional, and mental well-being across the lifespan.

CDC and its federal partners have diverse web resources that can help parents and other caregivers, teachers, and other adults support children and young people’s social, emotional, mental, and physical well-being:

- [Coping with Stress](#)
- [Helping Children Cope](#)
- [Helping Children Cope with Emergencies](#)
- [Talking to Children about Coronavirus Disease 2019](#)
- [Keep Children Healthy During the COVID-19 Outbreak](#)
- [Help Children Learn at Home](#)
- [Health Equity Considerations and Racial and Ethnic Minority Groups](#)
- [Handwashing: A Family Activity](#)
- [Routine Vaccination During the COVID-19 Outbreak](#)
- [Grief and Loss](#)
- [Essentials for Parenting Toddlers and Preschoolers](#)
- [Adverse Childhood Experiences \(ACEs\)](#)
- [Positive Parenting Tips](#)
- [Children’s Mental Health](#)
- [BAM! Body and Mind: Classroom Resources for Teachers](#)
- [VetoViolence](#)
- [StopBullying.govexternal icon](#)
- [Youth.gov: Understanding and Coping with Trauma & Building Resiliencyexternal icon](#)

## Children Preparedness

CDC has different resources for families to help their children be ready for emergencies. *These resources may be useful for children and adolescents ages 6-17 years.*

- [Backpack Emergency Cardpdf icon](#)
- [Family Communication Planpdf icon](#)
- [Steps to Protect your Child during Emergencies in the School Day](#)
- [Children in Disasters Emergency Kit Checklists](#)

- [Ready Wrigley!](#)