

Children's Resources

AUDIENCE:

Professionals:

- ❖ Project Teach: still able to provide consultation 5 days/wk to NYS child/adolescent prescribers
 - <https://projectteachny.org/consultation/>
 - Regional Phone Line 844-892-5070
- ❖ MCTAC and CTAC offering webinars and resources to professionals practicing in current environment i.e. telehealth best practices
 - <https://ctacny.org/covid-19-resources>

Parents:

- ❖ 7 Ways to Support Kids and Teens Through The Corona Pandemic: blog also includes video, available in both English & Spanish
 - <https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>
- ❖ Parent Teen Connect: For families with older children, this resource provides an online experience they can share together. It's loaded with videos, resources, and useful advice to help teens and the adults in their lives address hot-button topics (independence, screentime, communication etc...).available in both English and Spanish
 - www.parentteenconnect.org
- ❖ Child Mind Institute: Daily tips for managing wellness, self-care, supporting and talking to kids and teens, understanding disruptive behavior etc...
 - <https://childmind.org/coping-during-covid-19-resources-for-parents/#resources>
- ❖ Parenting Support and Skill Building from the CDC using short videos. Covers communication, building structure, discipline, etc...
 - <https://www.cdc.gov/parents/essentials/videos/index.html>
- ❖ How to Make a New Home Routine (could make into a 1-pager)
 - <https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine>

Children:

- ❖ Zara's Big Messy Day series (deals with managing stress and identifying emotions)– this is FREE and all digital. I have them downloaded and can put on shared drive but anyone can enter their email address and you get
 - *Zara's Big Messy Day* on audiobook which include the book, bonus meditation, and a note for parents)
 - The *Zara's Big Messy Day* ebook
 - A set of *Zara's Big Messy Day* coloring and activity pages
 - Two high-resolution full-color printable versions of Zara's Big Messy Emotion Chart
 - And a link to watch the *Zara's Big Messy Day* story video with bonus meditation
- ❖ Google Arts & Culture has access to virtual museum tours you can take from home
 - <https://artsandculture.google.com/project/streetviews>

- ❖ Little Children Big Challenges: Committee for Children and Sesame Street have partnered to create a collection of resources for young children facing significant challenges. These materials, aimed at building children’s resilience, may be useful for educators and families
 - <https://www.cfchildren.org/resources/sesame-street-little-children-big-challenges/general-resilience/>
- ❖ Mind Yeti®: Fifteen mindfulness program sessions are now available for anyone to use, no experience necessary! Designed for educators and families to do alongside children, or for older children to do on their own, Mind Yeti provides a great way for everyone to practice mindfulness during this difficult time.
Mind Yeti on Vimeo: [English](#) | [Spanish](#)
Mind Yeti on YouTube: [English](#) | [Spanish](#)
Mind Yeti Podcast: [RSS Feed](#) | [Spotify](#) | [Stitcher](#)
- ❖ The [Internet Archive](#) is a nonprofit that provides a free digital library to the general public. In their Kid's Magazines section you can access hundreds of out-of-print children's magazine issues like Totally Fox Kids or old issues of popular magazines like National Geographic Kids and Time for Kids.