



# Cleveland Clinic Children's

## Center for Pediatric Behavioral Health

### Resources related to COVID-19

Updated 3/19/20

#### **Resources for Staff/Family**

- Practical Tips for Health Care Providers, from University of Colorado  
<https://www1.ucdenver.edu/docs/librariesprovider45/covid-19-support/health-care-provider-well-being.pdf>
- Montifiore webinar: Anxiety & COVID-19: <https://vimeo.com/398138843/b4dc58fcf5>
- 7+7 Strategies for Working From Home During COVID-19: How to successfully juggle work and kids without dropping any.  
<https://www.psychologytoday.com/us/blog/biofeedback-and-mindfulness-in-everyday-life/202003/77-strategies-working-home-during-covid-19>
- COVID-19 Anxiety: Control your Controllables. Calm your own anxiety about COVID-19 so that you can support your children.  
<https://www.psychologytoday.com/us/blog/lifetime-connections/202003/covid-19-anxiety-control-your-controllables>

#### **Mindful Moments to Calm Stress (10 minutes or less)**

- Headspace App is free til the end of 2020 for anyone with an NPI number.  
[www.headspace.com/health-covid-19](http://www.headspace.com/health-covid-19)

#### **Talking with Children**

- NPR
  - [Just for Kids: A Comic Exploring The New Coronavirus](#)  
A resource for children about coronavirus, what it is and how to protect oneself.
- National Association of School Psychologists
  - [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)  
A resource for parents on how best to talk to children about the coronavirus.
- Psychology Today
  - How to Talk to Your Kids about COVID-19. 7 practical steps for helping your children feel safe, not scared. <https://www.psychologytoday.com/us/blog/hope-resilience/202003/how-talk-your-kids-about-covid-19>
- New York Times
  - [Talking to Teens and Tweens about Coronavirus](#)  
This article details advice from experts on how parents can help teens be prepared and have the right information about the coronavirus.

- SAMHSA
  - [Talking with Caregivers, Parents. And Teachers during Infectious Disease Outbreaks \(PDF, 12.8MB\)](#)  
Resource provides helpful information how to talk with children of different age groups.
- The National Child and Traumatic Stress Network
  - [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\) \(PDF ,144KB\)](#)  
This resource provides information for parents and caregivers about outbreaks, how they can prepare to reduce stress and anxiety, how it may affect your family both physically and emotionally and ways to cope.

### **Activities for Children and Families**

#### **Free on-line school / learning programs for children and adolescents:**

- <https://outschool.com/classes/introduction>
- <https://classroommagazines.scholastic.com/support/learnathome.html>
- <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- [Join the virtual classroom at Metroparks and Cleveland Zoo](#)

#### **Free university courses for parents:**

- <https://www.classcentral.com/collection/ivy-league-moocs>

#### **Mindful Activities for the Whole Family (tips, strategies, games, YouTube, links, resources)**

- <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

#### **Free meals:**

- <https://www.news5cleveland.com/news/continuing-coverage/coronavirus/local-coronavirus-news/heres-a-list-of-local-school-districts-providing-meals-to-kids>

#### **Free on-line fitness programs through Planet Fitness:**

- <https://www.facebook.com/planetfitness>

# COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

|               |                     |  |
|---------------|---------------------|--|
| Before 9:00am | Wake up             | Eat breakfast, make your bed, get dressed, put PJ's in laundry   |
| 9:00-10:00    | Morning walk        | Family walk with the dog<br>Yoga if it's raining   |
| 10:00-11:00   | Academic time       | NO ELECTRONICS<br>Sudoku books, flash cards, study guide, Journal  |
| 11:00-12:00   | Creative time       | Legos, magnetiles, drawing, crafting, play music, cook or bake, etc  |
| 12:00         | Lunch               |  |
| 12:30PM       | Chore time          | A - wipe all kitchen table and chairs.<br>B - wipe all door handles, light switches, and desk tops.<br>C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30     | Quiet time          | Reading, puzzles, nap  |
| 2:30-4:00     | Academic time       | ELECTRONICS OK<br>Ipad games, Prodigy, Educational show  |
| 4:00-5:00     | Afternoon fresh air | Bikes, Walk the dog, play outside  |
| 5:00-6:00     | Dinner              |  |
| 6:00-8:00     | Free TV time        | Kid showers x3   |
| 8:00          | Bedtime             | All kids   |
| 9:00PM        | Bedtime             | All kids who follow the daily schedule & don't fight   |

## General Resources

- APA
  - [Keeping Your Distance to Stay Safe](#)  
With the number of COVID-19 cases increasing every day, psychologists offer insights on how to separate yourself from others, while still getting the social support you need.
  - [Seven crucial research findings that can help people deal with COVID-19](#)  
Psychological research on past crises can help people cope with the daily — sometimes hourly — newsflashes about the coronavirus.
  - [Five Ways to View Coverage of the Coronavirus](#)  
Tips to help you manage anxiety, put news reports in perspective and maintain a positive outlook.
  - [Speaking of Psychology: Coronavirus Anxiety](#)  
In this podcast episode, psychologist Baruch Fischhoff, PhD, explains why we worry about new risks more than familiar ones, how to calm our anxiety and what are the psychological effects of being quarantined.
  - [Coronavirus threat escalates fears — and bigotry](#)  
Psychologists look to their research to help quell anxiety about a possible pandemic.
  - APA has shared new guidance on [how to protect your patients and your practice](#) and crafted an [office and technology checklist for telepsychological services](#).
- World Health Organization
  - [Briefing note on addressing mental health and psychosocial aspects of COVID-19 Outbreak](#)  
This resource provides summaries of key mental health and psychosocial support considerations in relation to the coronavirus outbreak.
  - [Getting Your Workplace Ready for COVID-19 \(PDF, 604KB\)](#)  
This resource provides information for businesses and employers on how they can play a role in preventing the spread of the coronavirus in the workplace, what employers should consider when it comes to employee travel, and what to do if the community becomes affected.
- The National Child Traumatic Stress Network
  - [Pandemic Resources](#)  
Web page dedicated to information about pandemics.
- SAMHSA
  - [Taking Care of Your Behavioral Health: Tips for so social distancing, quarantine, and isolation during an infections disease outbreak](#)  
This resource informs about social distancing, quarantine, and isolation in the event of an infectious disease outbreak. It discusses feelings and thoughts that may arise during this time and suggests ways to cope and support oneself during such an experience.
- Red Cross
  - [Coronavirus: Safety and Readiness Tips for You](#)  
Information and tips to help you prepare and prevent infection during the coronavirus outbreak.