



COVID – 19 Resources Information Resources for Kids



ANNOUNCEMENTS



Children’s lives have been upended as well as our own. Much of the existing information and resources on [grief will be applicable to children going through changes as a result of the Covid 19 crisis. You can find them online or see some below.](#)



AGENCIES

Existing but have new programs that can help

It is important to stay in contact with your children’s school. The school districts are coordinating on County and State levels to implement policies and disseminate information. Check their websites often and contact your child’s teacher to help you both feel connected. Ask the administrators if there are any additional programs you should know about.

If your child is experiencing serious symptoms of distress during this crisis, consider linking them with therapy. The YMCA of Greater Monmouth County provides Mental Health to children in many of the schools. Although school is not in session right now those services are still available utilizing telehealth platforms. Contact the intake coordinator at 732.290.9040 and let them know your child’s school and that you are interested in the Young Peoples Program referred to as “yippee”

PROGRAMS

New programs targeting to help

If you feel your child needs to understand what is going on then much of the existing information and resources on grief will be applicable to children going through these changes right now. Here are some books that we can send as link or pdf

- 1) Cyrus the Virus by Eszter Perenyi
- 2) I Can Wear A Mask by Boston Children’s Hospital
- 3) The Story Of The Oyster And The Butterfly by Ana M. Gomez
- 4) Little Ruby’s Big Change by Common Ground Grief Center

HELPFUL HINTS

Pointers that may help you connect or improve process

Here are some steps to supporting kids. The full descriptions can be found in the toolkit at NAGC the link is below.

1. Listen to your child and validate their feelings.
2. Allow emotional expression – don’t say not to feel something.
3. Encourage coping skills – identify relaxing activities.
4. Practice self-care – set a good example so children see you.
5. Understand grief comes in waves – each day will be different.
6. Establish/maintain routines – so children feel some control.
7. Ask for help; encourage kids to tell you when they are having a bad day.
8. Make new memories – remind your child it is ok to be happy.

WEBSITES TO VISIT

Useful sites, checklists and attachments

Responding to Loss and Change Toolkit can be found at:
https://adobeindd.com/view/publications/924b5436-fca0-4a15-901a-9233134766e4/ro0d/publication-web-resources/pdf/NAGC_Activity_Booklet-Responding_to_Change_&_Loss.pdf
 Seseme Street in Communities: When Children Miss Their Friends <https://youtu.be/OfvYQAlzp1U>

WHO TO CONTACT IF YOU DON’T THINK SOMETHING IS RIGHT

www.childrengrieve.org/about-us/news/covid-19#toolkit
 National Center for School Crisis and Bereavement 213.821.6869
 or <http://www.schoolcrisiscenter.org>