

Children Coping Resources

The COVID-19 pandemic may be very stressful for children. Every child reacts differently to stressful situations and may need help from parents and caregivers to cope with strong emotions. The following are some resources for parents and caregivers to help children learn to cope during COVID-19.

- Very Well Family: [15 Coping Strategies for Kids](#)
- The National Child traumatic Stress Network: [Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19](#)
- Attachment & Trauma Network: [Trauma-Informed Resources During COVID-19 Quarantine](#)
- Seattle Children's Hospital: [A Path to Resilience in the Face of COVID-19](#)
- Online Counseling Programs: [Ultimate Guide to Mental Health and Education Resources for Kids and Teens](#)
- Common Sense Media: [Meditation Apps for Kids](#)