

Coping with COVID-19

Supportive Resources for Parents



National Parent Helpline

-  [National Parent Helpline 1-855-4A PARENT](#)



Family Resources

-  [Supporting Families During COVID-19](#)

Helping Children Cope

-  [Children and Coronavirus Disease 2019 \(COVID-19\)](#)
-  [Talking to Children About COVID-19 \(Coronavirus\)](#)
-  [How to Talk to Your Kids About Coronavirus](#)

At Home Activities

-  [A parent's guide to surviving COVID-19: 8 strategies to keep children healthy and happy](#)
-  [Indoor activities to keep the kids entertained during COVID-19 isolation](#)

Parents with Newborns

-  [Tips for Coping with a New Baby During COVID-19](#)

