

# Parents and Caregivers Play an Important Role During COVID-19

## COVID-19 RESOURCES FOR PARENTS AND CAREGIVERS

Parents and caregivers, you play a vital role in helping children feel safe and secure. As we adjust to this new “normal,” children may feel sad and worried about their friends, family and even themselves. Below are some tips and resources that will help your family have conversations about COVID-19, manage stress, and obtain additional support for your family.

### Talking to Kids

- **REMAIN CALM** - Children react to both what you say and how you say it.
- **LIMIT INFORMATION** - Too much information on one topic can lead to anxiety.
- **BE AVAILABLE** - Take time to talk and answer their questions.

### Coping & Managing Stress

- **HEALTHY** - Exercise, take deep breaths, meditate and eat well-balanced meals.
- **STAY CONNECTED** - Take the time to talk to others about how you are feeling.
- **UNWIND** - Do activities with your family that you enjoy.

### Toddlers & Preschoolers

- **COMMUNICATE** - Praise, hugs and high-fives show positive attention to your child.
- **STRUCTURE & RULES** - Be consistent and develop rules your child can understand.
- **GIVING DIRECTIONS** - Give clear directions that fit your child’s age.

### ACCESS Florida

The Department of Children and Families programs that can help Florida families:

- Food Assistance
- Temporary Cash Assistance
- Medicaid
- Refugee Assistance

## Additional Resources

Distance Learning..... [www.fldoe.org/em-response/distance-learning.html](http://www.fldoe.org/em-response/distance-learning.html)  
General.....[www.fldoe.org/em-response](http://www.fldoe.org/em-response)  
Schools & Child care.....<https://floridahealthcovid19.gov/schools>  
Students with Emotional/Behavioral Challenges .....[www.sednetfl.info](http://www.sednetfl.info)  
Ounce of Prevention.....[www.ounce.org](http://www.ounce.org)  
Substance Abuse & Mental Health.....[www.myflfamilies.com/service-programs/samh](http://www.myflfamilies.com/service-programs/samh)  
CDC.....[www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html](http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html)  
211.....<http://211.org/pages/about>

