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Tips for quarantined parents in the times of COVID-19

Introduction

Due to the COVID-19 pandemic, we are quarantined in our homes. Many of us have children and grandchildren to entertain and keep busy. And are looking for reliable, science-based information on what to do with their children, how to keep them safe and engaged in fun and meaningful activities.

With that in mind, we worked to put together and make available great information and tips to help parents and caregivers to play, teach, entertain their children in these times of pandemic and fear.

Below are links to various age-appropriate information and resources for parents, caregivers to do with children.

Stay well and be safe.

Emotions and Discussion Tips

* [6 Ways to Help Your Child Manage Their Anxiety during COVID-19](https://ptaourchildren.org/help-manage-covid-19-anxiety/)
Written by APA in partnership with the National PTA.
* [How to Talk to Children about Difficult News](https://www.apa.org/topics/talking-children)
APA Help Center article.
* "[Hello, My name is Coronavirus](https://www.mindheart.co/descargables)"
A short book by Manuela Molina at Mindheart. A fun and free downloadable book to support and reassure our children, under the age of 7, regarding the COVID-19. Various Languages.
* [Magination Press Family](https://www.maginationpressfamily.org/)
Tools and strategies to manage stress and anxiety in children and tips on mindfulness.
* [The Power of the Pause: Helping Your Child Learn about Mindfulness in this Stressful Time](https://www.maginationpressfamily.org/mindfulness-kids-teens/the-power-of-the-pause-helping-your-child-learn-about-mindfulness-in-this-stressful-time/)by Frank Sileo, PhD, Magination Press Family
* [Fostering Resilience in the Time of the Coronavirus: Tips for Helping Your Child](https://www.maginationpressfamily.org/mindfulness-kids-teens/fostering-resilience-in-a-time-of-the-coronavirus-tips-for-helping-your-child/)by Wendy L. Moss, PhD, Magination Press Family
* [Kids Feeling Stressed? Help Them Learn Self-Care Skills](https://www.maginationpressfamily.org/stress-anxiety-in-kids/kids-feeling-stressed-help-them-learn-self-care-skills/)
by Julia Martin Burch, PhD, Magination Press Family
* [Advice for Caregivers of Children with Disabilities in the Era of COVID-19](https://www.apa.org/research/action/children-disabilities-covid-19)
APA tip sheet for parents.
* [Something Strange Happened in my City](https://sandybabaece.wixsite.com/covid19referencelist)
A COVID-19 social story for young children. Shu-Chen Jenny Yen, PhD, California State University, Fullerton.
* [Los dias en que Todo se detuvo](https://www.youtube.com/watch?v=H6WkkF9xy0U)Pixelatl spanish story on COVID-19

Activities Tips

* [School is Closing. Now What?](https://commercialfreechildhood.org/social-distancing/?fbclid=IwAR1pdTojkNj9T7_3O-Cb6vOQ6OgqqZkzshDtkLuaeK-yR3RrBr0BU4j7974)
A little planning can help make this difficult time easier from Campaign for a Commercial Free Childhood
* [Museums with Virtual Tours](https://www.southernliving.com/syndication/museums-with-virtual-tours?fbclid=IwAR3D99TuMENb4z0YHGBS4IYviUM6yQ1nLs8sx2-zaIyZGF8VoWmMGyH9b-I)
from Southern Living

COVID-19 Facts Tips

Resources in English

* [How to master working from home — while under quarantine with kids](https://www.parents.com/parenting/work/life-balance/how-to-master-being-a-work-at-home-mom/)
* [Parent Training for Protecting Children During the Crisis](https://www.d2l.org/education/additional-training/protecting-children-during-crisis/)

Resources in Spanish

* [Stop the spread of germs (PDF, 86KB)](https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs-sp.pdf)
* [Sick with COVID-19 fact sheet (PDF, 70KB)](https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-sp.pdf)
* [COVID-19 symptoms (PDF, 93KB)](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-sp.pdf)

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Related

* [APA COVID-19 Information and Resources](https://www.apa.org/topics/covid-19)
* [Disaster Mental Health Information](https://www.apa.org/practice/programs/dmhi)
* [How COVID-19 may increase domestic violence and child abuse](https://www.apa.org/topics/covid-19/domestic-violence-child-abuse)

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**MORE APA WEBSITES**

* [ACT Raising Safe Kids Program](https://www.apa.org/act)
* [American Psychological Foundation](https://www.apa.org/apf)
* [APA Annual Convention](https://www.apa.org/convention/index)
* [APA Services, Inc.](https://www.apaservices.org/index)
* [APA PsycNet®](http://psycnet.apa.org/)
* [APA Style](https://www.apastyle.org/index)
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