

CORONAVIRUS RESOURCES: KIDS, DADS/MEN, RURAL, AT-RISK, DOMESTIC VIOLENCE - AND STRESS MANAGEMENT!

This document is sorted by different populations or categories of interest. Once again, many of these resources have many more resources, so we encourage you to click away!

CHILDREN (A = Activities to do with the kids; G = General information about COVID-19 and kids)

(A) [Amazing Educational Resources](#), comprehensive and ever growing list for parents to use while home schooling or to manage cabin fever

(G) American Academy of Pediatrics (AAP), [COVID-19 Less Severe in Children than Adults: Study](#)

(G) AAP, [Professional resources and news](#) (updated regularly with new articles)

(G) AAP, [Open access to their Pediatric COVID-19 Collection](#)

(G) American Heart Association/Voices for Kids: [Coronavirus Resources You Can Use](#)

(G) Annie E. Casey Foundation, [Tips to Help Young Parents Cope During the Coronavirus Pandemic](#)

(A) Camp Corona: click this [link](#) for virtual activities, online learning and more

(G) Centers for Disease Control and Prevention (CDC), [COVID-19 and Children](#)

(A) CDC, [Coping After a Disaster - A Ready Wrigley activity book](#) for children age 3-10

(A) [Chameleon](#), a game for kids older than 13

(G) Child Trends, [Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)

(G) Early Childhood Development Action Network, resources, action statements and more; click [here](#).

First Focus on Children has several pieces of interest; below are just two. Click here for their "[Coronavirus Hub](#)."

(G) [The COVID-19 Crisis is Catastrophic for Children, Too](#)

(G) [COVID-19: How the Health of Children is at Stake](#)

(G) HealthDay, [Stomach Ills May Signal COVID-19 in Kids](#)

(A) [Houseparty](#), a face-to-face social connection

(A) HP Print, Play and Learn! is a curation of 400 printables: worksheets by age groups, coloring pages, puzzles and crafts. It's not just for kids! Check it out [here](#).

(A) [Marco Polo](#), an app to stay in touch with families and friends

(G) MedPageToday

[Kids During Lockdown: Is Another Epidemic About to Be Revealed?](#) (06/10/2020)

[Are Kids Still Getting Their Shots?](#) (Quiz on this and other topics, some COVID-19 related and some not)

(G) National Association of School Psychologists, [Helping Children Cope with Changes Resulting from COVID-19](#)

(A) National Center for Fathering, [COVID Cabin-Fever? 10 Ways to Connect with Your Kids](#)

(A) NHSA, [Resource List for Kids & Children](#)

(A) NPR, [Just for Kids: A Comic Exploring the New Coronavirus](#)

(G) Nonprofit Quarterly, [The Childcare Crisis: To Reopen, We Must Recommit](#)

(G) Online Counseling Programs, [Ultimate Guide to Mental Health and Education Resources for Kids and Teens](#)

(G) Positive Parenting Newsfeed has several resources; most include videos, some are in Spanish:

[Talking to Kids about Coronavirus](#)

[Strategies to Fight Trauma and Stress in Kids](#)

[Coronavirus Causing Money Worries? How to Protect Your Kids' Well-being](#)

[How to Manage Kids-COVID-19 Stress](#)

[Keep Kids Learning at Home During COVID-19](#)

[Mental Healthy Hygiene During COVID-19](#)

[Will Homeschooling Hurt Students' Learning?](#)

(G) ProPublica, [What Parents Should Know about Coronavirus as Kids Return to Babysitters, Days Cares and Camps](#)

(A) Reviews.com has a guide for outdoor activities with tips to help ease parents' minds while their kids play outside. The guide includes tips on creating a safe outdoor space to play, how to effectively monitor kids from a distance and potential risks to watch out for. Check it out: <https://www.reviews.com/home/security-systems/outdoor-safety-tips-for-children>

(A) Rotterdam Orchestra, [Beethoven's 9th Played from their Homes](#)

(A) Many of America's and the world's finest orchestras have composed a video of the musicians playing from their homes. Kids might find it interesting to see how this is done. Put any orchestra's name into your search engine and see if they have a video. Here's one more to get you started: [Baltimore Symphony Orchestra](#).

(A) [Throw Throw Burrito](#) - for 2-6 players, ages 7+

(G) WebMD:

[Outdoor Swimming Pools Not a COVID-19 Risk: Expert \(06/10/2020\)](#)

[U.S. Surgeon General: Safety Advice for Summer Activities \(06/10/2020\) \(Video\)](#)

[Best Ways to Help Kids Through the Pandemic](#)

[Quarantine Having Lasting Impact on Kids' Health](#)

[Pandemic Has Overburdened Parents Stressed Out](#)

[How "Blue's Clues & You!" Content is Helping Parents and Children During the Pandemic \(video\)](#)

(G) Zero to Three has many resources; check them out [here](#).

RURAL

Federal Office of Rural Health Policy, HRSA (this gets updated periodically), [FORHP FAQs for COVID-19](#)

National Conference on State Legislatures, podcast, [COVID-19: Health Care in Rural America](#)

Rural Health Information Hub, [Rural Response to Coronavirus Disease 2019](#)

The Daily Yonder has many articles. Start [here](#).

US Department of Agriculture, [Federal Rural Resource Guide](#)

Vox, [The Coronavirus May Hit Rural America Harder - and Later](#)

DADS/MEN

Men's Health, [I'm Raising a Newborn in Self-Isolation](#)

Men's Health, [What Experts Say You Should Do If You're Exposed to the Coronavirus](#)

AT-RISK POPULATIONS, DOMESTIC VIOLENCE

American Public Health Association (APHA), [COVID-19 Guidance for At-Risk Populations](#)

CDC, [COVID-19 in Racial and Ethnic Minority Groups](#)

Community Health Sciences School of Public Health, UIC, [When Home Does Not Offer Shelter: Partner Violence in the Time of Pandemics](#)

New York Times, [A New COVID-19 Crisis: Domestic Abuse Rises Worldwide](#)

STRESS MANAGEMENT/SELF-CARE

[Audible Classic Books](#) (good classics for free and for all ages!)

Banff Mountain Film Festival, free series of this year's winners; click [here](#)

[CorePower Yoga](#) is offering free virtual classes

Good Housekeeping, [25+ Fitness Studios and Gyms Offering Live-Stream Workouts During the Coronavirus Outbreak](#)

Google's Arts & Cultures team's virtual tour of some of America's most beautiful national parks; click [here](#)

[Half Baked Harvest](#) for great recipes - or just look at the photos of beautiful food!

MedPage Today, [Staying Sane and Current on COVID-19](#)

National Alliance on Mental Illness, [How to Protect Your Mental Health During the Coronavirus Outbreak](#)

New York Times, [Eco-therapeutic Meditation in 10 Steps](#)

[Open](#) offers pay-what-you-can virtual meditation classes

Patrick McKeown's [Coronavirus Free Breathing Exercises](#)

WebMD has good information. Here are some to start:

[How to Cope When COVID Steals Loving Touch. Hugs](#) (06/17/2020)

Slideshow: [How to Quiet Your Mind](#) (06/10/2020)

Slideshow: Coronavirus Quarantine: [Healthy Actions to Help You Feel Better](#)

[Tips for Better Sleep During the COVID-19 Pandemic](#)

[The COVID-19 Risk Factor You Can Control](#)

[The Physical Effects of Stress](#)

[Different Ways to Isolate from Coronavirus](#)

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