

# EMOTIONAL WELL-BEING TOOLKIT: Resources for Children, Families, and Caregivers



[Click here for a Video Introduction to the Toolkit](#)

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Spanish/Español and multi-lingual resources are in pink  
\*\* Two red stars indicate a resource containing video/audio content



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*As you 'pour' into others, how do you  
keep your well full?*

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The responsibility of parents and caregivers are many, and these responsibilities can be even more overwhelming with the current state of our world and communities during this COVID-19 pandemic. We understand there are so many worries: employment, housing, food, and health, to name a few. We also understand these concerns cause stress. You are giving a lot. So now we ask, how do you fill your "well"? As you give yourself to your job, children, family, and other responsibilities, it is important that you refill your own "emotional well." We have created this toolkit to give you resources to support your family, children, and YOU!

# Communicating with Children about COVID-19



While this unprecedented time is confusing and uncertain for everyone, it is important to remember that young children in particular may have many questions that can be challenging for us as adults to answer. Being responsive to our children's questions and educating them on what is going on can help keep their anxiety and challenging behaviors at bay.

- [Talking to Kids about Coronavirus](#) (1-page article and video)
- [Coronavirus: How to talk to Kids](#) (3 min video)
- [Answering Your Young Child's Questions about Coronavirus](#) (Q and A Article )  
[Respuestas a las preguntas de su hijo pequeño sobre el coronavirus](#)
- [Helping Children Cope with Changes Resulting From COVID-19](#) (Article available in English, Spanish, Amharic, Chinese, Korean, French, Vietnamese)
- [Helping Children Understand Emotions When Wearing Masks](#) is a tip sheet that caregivers can use with children to discuss facial expressions while others are wearing mask. This is important since facial expressions are a very important part of communicating and children not only rely on this but are still learning to identify body language and facial cues within social communicating.

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# Activities to Help Children Understand COVID-19



In addition to talking about COVID-19 and responding to children's questions, the following activities and books can be helpful in making this learning fun and age-appropriate.

- [Sesame Street Health Emergency Activities](#) (Short description and video)
- [COVID-19 Coloring Pamphlet](#) (PDF, Information and coloring pages for parents to do with children)
- [COVID-19 Activity Books](#) (PDF, Activity book for younger children about COVID-19)
- ["Dave the Dog is Worried about Coronavirus" Story Book](#) (PDF, Book for parents to read to younger children)
- ["Something Strange Happened in my City"](#) (8 min Story Book Video that is Read Aloud) \*\*
- ["The Germ Called Coronavirus: A Short Guide for Children"](#) (PDF storybook parents can read with children)  
["El Germen Llamado Coronavirus: un guía para niños"](#)
- ["Why Can't I Go to School?"](#) (Google Drive Editable School Closure Social Story in multiple languages)
- ["Wearing Masks"](#) is a downloadable story for children about why people are wearing masks, and when children may have to wear masks.

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## Children's Emotional Well-Being



It's extremely normal for children's behaviors to "regress" during this time as children, like the rest of us, are confused, anxious, and trying to communicate their needs. By supporting children's social-emotional well-being during COVID-19, we are helping to foster their healthy development and critically important life skills while also making our jobs as parents and caretakers a little easier.

\* [Erikson Institute's Fussy Baby Network](#) is available to support families struggling with their infant's crying, sleeping, or feeding. Call 888.431.BABY. Email [fussybaby@erikson.edu](mailto:fussybaby@erikson.edu). @Fussybabynetwork on Facebook.

- [Resources for Supporting Children's Emotional Well-being](#) (Article with ideas for parents to help children cope during COVID-1)
- [Infographic: Helping Children Cope with Stress during 2019-nCoV outbreak](#) (Pictures and short blurbs with information that can help manage stress in children)
- [Using Positive Behavior Supports During Quarantine](#) (Webinar about supporting positive behavior in children)
- [Coronavirus: Kids and Anxiety During the COVID-19 Pandemic](#) (Video-29 min.) \*\*
- [Tips for Helping Your Child During the Pandemic](#) (PDF infographic with 6 tips for parents to help their children during COVID-19) - English  
[Consejos para ayudar a su hijo durante la pandemia](#)

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# Self-Care for Parents and Caregivers



One of the most important ways we can support our children’s social-emotional well-being is by taking care of OURSELVES. We can’t be the emotional supports that children need us to be if we aren’t managing our stress. While some of these strategies can be done with your children or as a family, it is also okay, and even encouraged, to take the alone time that we all need to recharge.

*\*Illinois residents experiencing stress and mental health issues related to COVID-19 can **text "TALK" or "HABLAR" to: 5-5-2-0-2-0**. Within 24 hours, you will receive a call from a counselor employed by a local community mental health center to provide support.*

*\*Illinois Domestic Violence Helpline: 1-877-TO END DV (1-877-863-6338 voice or 1-877-863-6339 TTY)*

- [Coping during COVID-19](#) (Detailed Article with sections on stress, taking care of yourself and community during COVID-19 and beyond)
- [Caring for Yourself and Young Children During the Coronavirus Crisis](#) (1- page Article with tips on self-care of parents and children)
- [All it Takes is 10 Mindful Minutes](#) (10 min. Video from TEDtalks describing how refocus mind through mindfulness) \*\*
- [Mindfulness Meditation](#) (Video of 10-minute guided meditation)
- [Weekly Videos on Staying Positive & Resilient](#) (Videos on staying positive added weekly)
- [PBS Parenting during Coronavirus: You are Enough](#) (Article with encouraging parenting ideas)
- [Support Guide for Parents Raising Babies & Toddlers through Coronavirus Crisis](#) (Article on development of babies & toddlers with activities that support brain development)
- [Importance of Self Care during COVID 19](#) (Article with tips on self-care for parents with young children at home)  
[Los niños pequeños en casa durante el brote del COVID-19: La importancia del cuidado personal](#)

## Self-Care for Parents and Caregivers (continued)

- [Self-Care in the Time of Coronavirus](#) (Article with simple tips about how parents' well-being benefits whole family)  
[El autocuidado en los tiempos del coronavirus \(Child Mind Institute\)](#)
- [PBS: How You and Your Kids Can De-Stress During Coronavirus](#) (Article with de-stressing tips for parents and children)  
[Cómo pueden usted y sus hijos desestresarse durante el Coronavirus](#)
- [Relaxation Exercises - English & Spanish](#) (Audio Recordings of relaxation activities) \*\*
- [Mindfulness podcasts for Kids and Adults -English & Spanish](#) (Digital library with variety podcast for children and parents for calming, re-focusing, and connecting) \*\*

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# Engaging Learning Activities While at Home



Let's face it, children and adults alike can get bored easily during this time. Below are some resources to just have some FUN and throw in a little education while you're at it. Remember young children learn through play. That's just how their brains work! So, don't be too hard on yourself to try and make everything a "lesson:" simply play, talk, and have fun experiences with your little ones and watch their brains grow! Here are some activities to let loose and enjoy fun times with loved ones.

- [All in Illinois Kid's Content](#) (Illinois-specific virtual museums and organizations)
- [At-Home Activity Guide](#) (Article with tips for activities for infants and toddlers)
- [Daily Learning Experiences for Toddlers, Preschoolers, & Families](#) (Video-interactive learning experiences for families) \*\*
- [Read-Along Mondays with Michelle Obama and PBS Kids](#) (Video read aloud weekly with access to prior readings and activities) \*\*
- [Children's Museum of Manhattan at Home Activities](#) (Virtual videos, sing alongs, and games for children) \*\*
- [Daily Schedule to Keep Children at Home Engaged](#) (Tips on creating schedules to support parents and children)
- [Parenting Playbook](#) (Interactive website from Chicago Children's Museum with tips, ideas, and strategies to support parents) \*\*
- [Play at Home](#) (Video/live stream of recess activities to be done at home with children) \*\*
- [Executive Function Skills Activities Guide](#) (Download article with activities that help children, birth- preteen, with self-regulation)
- [24 At-Home Learning Activities to Share with Parents of Young Children](#) (Article with learning activities for parents to do with children at home)

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## ...And There is More...



We didn't want to overwhelm you, as we know that there are so many resources out there. But we did want to include some additional resource "hubs" in case you just can't get enough! These websites contain a wide range of information for families, beyond social-emotional well-being, related to COVID-19.

- [How to Support Children \(and Yourself\) During the COVID-19 Outbreak](#) (PDF Article with 3 steps for self-care also includes links to more sources and tips)  
[Cómo apoyar a los niños \(y recibir apoyo usted mismo\) durante el brote de COVID-19](#)
- [COVID Caregiver Resources](#) (Website with a variety of resources about working with children at home, advice, and tools)
- [COVID-19 Supports](#) (Website with various resources on communicating with children about COVID-19, read along books, information for immigrant families, movement and learning activities)
- [Resources Document](#) (Chart of resources for families during COVID-19 compiled by Early Childhood Professional Learning IL)
- [Learning at Home During Trying Times](#) -Scroll to bottom of page to view in availability in multiple languages (Website with various resources)
- [Emergencies and National Disasters: Helping Children and Families Cope](#) - resources available in English and Spanish (Website with a variety of resources and links to support families around COVID-19 and Pandemics)

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