

COVID-19 Resources

Assisting Parents/Caregivers in Coping with Collective Trauma (2021) (PDF)

<https://www.nctsn.org/resources/assisting-parents-caregivers-in-coping-with-collective-traumas>

Offers strategies to help parents/caregivers cope with collective traumas. This fact sheet also provides guidance on what parents/caregivers can do to care for their children as they cope.

The Traumatic Impact of COVID-19 on Children and Families: Current Perspectives from the NCTSN (2021) (PDF)

<https://www.nctsn.org/resources/the-traumatic-impact-of-covid-19-on-children-and-families-current-perspectives-from-the-nctsn>

Outlines some of the traumatic impacts that COVID-19 has had on children and families. This report breaks down some of the pandemic challenges that children, families, and child-serving agencies have faced and describes the NCTSN's response to COVID-19.

Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19 (2020) (PDF)

<https://www.nctsn.org/resources/helping-children-with-traumatic-separation-or-traumatic-grief-related-to-covid-19>

Offers information on how to talk with children about traumatic separation or traumatic grief as it relates to the COVID-19 pandemic. COVID-19 has resulted in thousands of children being separated from loved ones who require isolation and/or hospitalization due to a loved one testing positive for COVID-19 or because of potential exposure for essential workers. This tip sheet is for caregivers or other adults supporting children with traumatic separation or traumatic grief related to COVID-19. Especially in stressful times, in addition to the suggestions here, all children benefit from caregivers listening to and validating their different feelings.

Supporting Children and Teens during the Holiday Season (Updated November 2021) (PDF)

<https://www.nctsn.org/resources/supporting-children-and-teens-during-this-holiday-season>

Offers parents and caregivers strategies and ideas for supporting children and teens during the holiday season. This fact sheet provides tips that parents can use to talk to their children and teens about how they are feeling and changes to holiday celebrations and traditions. It also shares tips that families can use to make this holiday season still feel special, including creative ways in which families can stay connected to loved ones and friends. Ideas for self-care and additional resources are also included in the fact sheet.

The Power of Parenting During COVID-19: Addressing Fears and Feelings from Prior Losses (2020) (PDF)

<https://www.nctsn.org/resources/power-of-parenting-during-the-covid-19-pandemic-addressing-fears-and-feelings-from-prior-losses>

Provides caregivers guidance about how to address fears and feelings of prior losses that are coming up during COVID-19. This fact sheet offers information on loss and trauma reminders, coping with separation, and the mind body connection.

The Power of Parenting During COVID-19: Helping Children Cope with the Impending Death of a Loved One (2020) (PDF)

<https://www.nctsn.org/resources/power-of-parenting-during-the-covid-19-pandemic-helping-children-cope-with-the-impending-death-of-a-loved-one>

Provides caregivers guidance about how to address the impending death of a loved one due to COVID-19. This fact sheet offers information on anticipating a death, preparing a child for the death, and saying goodbye.

The Power of Parenting During COVID-19: Mourning the Death of a Loved One (2020) (PDF)

<https://www.nctsn.org/resources/power-of-parenting-during-the-covid-19-pandemic-mourning-the-death-of-a-loved-one>

Provides caregivers guidance on mourning a death of a loved one due to COVID-19. This fact sheet offers information on saying goodbye when you couldn't be there, understanding developmental differences in behaviors associated with grief, and seeking alternative support if needed.

Rosie Remembers Mommy: Forever in her Heart (2015) (Children's book & video)

<https://www.nctsn.org/resources/rosie-remembers-mommy-forever-her-heart> (book)

<https://www.nctsn.org/resources/rosie-remembers-mommy-forever-her-heart-video> (video)

Follows Rosie, a young girl who is struggling after the death of her mother, as she expresses wishes to see her mom, feels reluctant about school, finds no pleasure in activities she formerly found enjoyable, wonders whether she could somehow have caused her mother's death, and even refuses her favorite meal that Daddy has made. This children's book illustrates how a parent can provide solace and support to a child after the death of a loved one.

Ready to Remember: Jerermy's Journey of Hope and Healing (2011) (Children's book & video)

<https://www.nctsn.org/resources/ready-remember-jeremys-journey-hope-and-healing> (book)

<https://www.nctsn.org/resources/ready-remember-jeremys-journey-of-hope-and-healing-video> (video)

Tells the story of a 10-year-old boy's experience following the tragic death of his father. Jeremy is having a traumatic reaction and struggling at school and at home. This children's book was developed for the school-age reader, with an additional caregiver guide. The illustrated book describes Jeremy's journey as he and his family get help and are able to enjoy happy memories together.

Trinka and Sam Fighting the Big Virus: Trinka, Sam, and Littletown Work Together (2020) (Children's book)

<https://www.nctsn.org/resources/trinka-and-sam-fighting-the-big-virus>

Helps young children and families talk about their experiences and feelings related to COVID-19 and the need to shelter in place. In the story, the coronavirus has spread to Littletown causing changes in everyone's lives. The story opens doors to conversations about COVID-19, ways that families and communities are working together to keep safe from the virus, family and community strengths, common challenges and reactions in children and adults, ways that families support children and each other, and our intense gratitude for frontline workers. A caregiver guide is available in the back of the book that provides ways parents can use the story with their children. A companion story, *Fighting the Big Virus: Trinka's and Sam's Questions*, for how to answer children's questions about the virus is also available.

Fighting the Big Virus: Trinka's and Sam's Questions (2020) (Children's book)

<https://www.nctsn.org/resources/fighting-the-big-virus-trinka-and-sam-questions>

Provides questions that Trinka and Sam have about the big virus and ways to answer those questions. This companion story includes common questions that children may have about COVID-

19. The pages from this companion story can be read as individual pages or you can include the pages into the *Trinka and Sam Fighting the Big Virus: Trinka, Sam, and Littleton Work Together* book. You can limit which questions to use with your children, as children may have questions about some things regarding the virus and others may not be appropriate for their experience.

Helping Children Cope with COVID-19 (2020) (PDF)

https://www.nctsn.org/sites/default/files/resources/fact-sheet/parents_guide-helping_children_cope_with_covid-19_pandemic-final_version_386421_284_28977_v1.pdf

Helps parents and caregivers address their children's concerns and worries arising from the COVID-19 pandemic and the disruptions of normal life that we are experiencing. This fact sheet is intended to help caregivers identify and address signs of adjustment difficulties in children and teens and suggest ways to talk to them about their fears and concerns.

Understanding and Coping with Reactions in a Pandemic (2020) (PDF)

<https://www.nctsn.org/resources/understanding-and-coping-with-reactions-in-a-pandemic>

Provides information on understanding and coping with reactions in a pandemic. This fact sheet offers information on reactions you may be experiencing and why, how these reactions can lead to changes in your body, how to cope with those reactions, and understanding why the coping options work.

Coping in Hard Times: Fact Sheet for Parents (2020) (PDF)

<https://www.nctsn.org/resources/coping-hard-times-fact-sheet-parents>

Helps parents understand how economic difficulties can affect their families, in terms of their sense of safety, connectedness, and hope. The fact sheet also helps families find ways to cope during uncertain times.

Coping in Hard Times: Fact Sheet for School Staff (2020) (PDF)

<https://www.nctsn.org/resources/coping-hard-times-fact-sheet-school-staff>

Discusses how challenging financial circumstances may affect you, other school staff, students, and their families and provides specific ways to help.

Coping in Hard Times: Fact Sheet for Youth High School and College Age (2020) (PDF)

<https://www.nctsn.org/resources/coping-hard-times-fact-sheet-youth-high-school-and-college-age>

Helps high school students and young adults understand how economic difficulties may affect them and provides suggestions on how they can cope during these uncertain times.

Pause-Reset-Nourish (PRN) to Promote Wellbeing: Use As Needed to Care for Your Wellness! (2020) (PDF)

<https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness>

Provides information about the specific self-care strategy of Pause-Reset-Nourish, or PRN. This fact sheet acknowledges the levels of stress that professionals may be currently experiencing and offers a way to address unwanted symptoms and promote and replenish wellbeing and enhance resilience.

Psychological First Aid Field Operations Guide (2006) (PDF)

<https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>

Gives guidance on responding to disaster or terrorism events using the *Psychological First Aid* intervention. This evidence-informed approach helps to assist children, adolescents, adults, and

families in the aftermath of disaster and terrorism. The manual includes in-depth information about each of the eight core actions and accompanying handouts for adults, adolescents, parents and caregivers, and providers.

PFA Mobile (2012)

<https://www.nctsn.org/resources/pfa-mobile> (IOS version)

<https://www.nctsn.org/resources/pfa-mobile-android-version>

PFA Online (e-learning Course) – available Jan 2022

Learn.nctsn.org

Skills for Psychological Recovery (SPR) (2010) (PDF)

<https://www.nctsn.org/resources/skills-psychological-recovery-spr-online>

Aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course utilizes skills-building components from mental health treatment that have been found helpful in a variety of post-trauma situations. Research suggests that a skills-building approach is more effective than supportive counseling. SPR is appropriate for developmental levels across the lifespan and is culturally informed.

SPR Online (2020) (e-learning course)

<https://www.nctsn.org/resources/skills-psychological-recovery-spr-online>

Additional NCTSN COVID-19 Resources

<https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources?page=1>

Mobile Apps for Self-Care

COVID Coach

This app promotes self-care and overall wellness during the pandemic.

Headspace / Headspace Plus

This app is a mediation tool with hundreds of sessions on physical health, personal growth, stress management, and anxiety relief. This app includes child exercises as well.

Liberate Meditation

This app for the Black, Indigenous, and People of Color community to ease anxiety, find gratitude, heal internalized racism and microaggressions and celebrate Blackness.

Calm

This app provides meditation exercises and strategies for improving sleep.

7 Minute Workout

This app the #1 fitness app in 127 countries with 12 high intensity exercises, 30 seconds per exercise, 10 seconds rest between exercises.