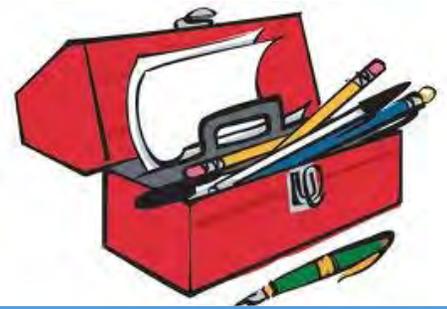


Toolkit for Parents Returning to School during COVID-19



Returning to School Safely During COVID-19

Is it safe to send my child back to school? Should I send my child to daycare? What if my student is performing poorly?>
www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Return-to-School-During-COVID-19.aspx

FAQs for Planning and Responding to COVID-19 for Parents and Teachers

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools-faq.html>

Checklist for Parents

How should parents prepare if their child's school closes while they are at work?> How do you plan for this?

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/schools-checklist-parents.pdf>

Parenting in a Pandemic – How to Keep Your Children Calm During COVID-19

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Parenting-in-a-Pandemic.aspx>

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Coping with Daily Life and Going Out

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Parenting an Online Student

<https://www.unicef.org/coronavirus/5-tips-help-keep-children-learning-during-covid-19-pandemic>

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Working-and-Learning-from-Home-COVID-19.aspx>

PSEU Classes to Manage Stress

Go to PSEU, click on Self-Assign and type in SMART Mental Health in search bar.

- Reducing Stress and Anxiety
- Goal setting and Visualization Techniques
- Happiness is a Choice-Key to Living Joyfully
- Managing Anger and Emotions
- Mastering Marriage
- Reducing Stress and Anxiety
- Surviving and Thriving After Divorce

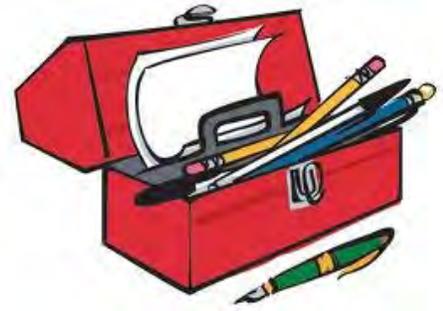
Get Help

Receive free, confidential counseling sessions through ComPsych – or just call to talk to someone. www.guidanceresources.com or call 866-615-3043.

Peer support specialists offer peer support and compassion for callers who just need someone to talk with. 602-347-1100

Crisis Line: 602-222-9444

Additional Resources for Your Toolkit



Symptom Checker for Kids

Hover over portion of the body when your child is expressing symptoms. Click on section to display a complete list of symptoms from A to Z.

<https://www.healthychildren.org/English/tips-tools/Symptom-Checker/Pages/default.aspx>

How to Teach Your Kids to Wash their Hands properly

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

How to Talk to Your Kids about COVID 19

While the fear and uncertainty surrounding COVID 19 outbreak can weigh heavily on the minds of adults, it is important to remember children may need help coping too. See tips and ideas on how to talk to your kids about the virus. You will need to log in to your Sharecare medical account to view. If you need help with Sharecare portal, contact Sharecare at #877-292-1359.

<https://you.sharecare.com/articles/640f9412-b166-4586-87cc-6b31ab9a8033>

Healthy Meals for Kids during the COVID 19 Pandemic

Find some great ideas on how to provide healthy lunch ideas for your child and learn some great hacks to save you time and money!

<https://www.muhealth.org/our-stories/healthy-kids-lunch-ideas-can-help-multitasking-parents>

<https://www.telethonkids.org.au/news--events/news-and-events-nav/2020/april/healthy-lunch-ideas-kids-covid-19/>

<https://www.youtube.com/watch?v=7UDx1RF9Oho>

Fun Free Fitness Workouts You Can Do with Your Kids

Exercise can be more fun for you and your family if you do it together. Work out with celebrities and have a good time. Here are a few free videos to try.

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together>

https://www.youtube.com/watch?v=McD6_oOWs-M

<https://www.youtube.com/watch?v=5if4cjO5nxo>

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

<https://www.youtube.com/watch?v=X655B4ISakg>

More COVID 19 Resources from EAP

<https://pages.e2ma.net/pages/1807892/20932>