

Pediatric Psychosocial Oncology COVID-19 Resource List

COVID-19 has impacted all of us in different ways. We recognize that there are many resources being discussed in our communities and that the volume can be overwhelming. We have compiled this list below of resources to help you and your family understand and cope with COVID-19 and the changes it has brought to our daily life. This list is not exhaustive, but we hope that it can be helpful as you speak to your children and support your families during this time.

- *Click on the hyperlinks to access each website. Please note, these resources are only suggestions. We strongly recommend that families review materials in advance of sharing with children.*

Talking with your children about COVID-19:

- The [National Association of School Psychologists and National Association of School Nurses](#) has put together these helpful points to help children cope with changes resulting from COVID-19. These are available in multiple languages: [Spanish](#), [Chinese](#), [Amharic](#)
- [Kids Health by Nemours](#) offers strategies for talking to kids about COVID-19
- [St. Jude's Children's Research Hospital](#) offers tips that can help you talk to your child about Coronavirus (COVID-19). This resource includes activity templates for children:
 - [Learn about the Coronavirus Coloring Book](#) for young children
 - [Learn about the Coronavirus Activity Book](#) for older children
- [PBS Kids](#) has developed strategies on talking to kids about coronavirus, and offers videos, games and activities about hand washing and staying healthy
- [Sesame Street](#) has developed a toolkit to help children understand and cope with COVID-19 and the changes it is bringing to daily life. [Sesame Street in Communities](#) offers videos, printables, activities, and learning-at-home resources to help children in health emergencies. [Here in Spanish](#).
 - ["Wishy Washy" Handwashing](#)
 - [Sneezing & Coughing Safety](#)
 - [Count, Breath, Relax](#)
- [Zero to Three](#) offers age-specific language for speaking to toddlers including:
 - Answering your young child's [questions about coronavirus](#)
 - Talking points for if your toddler asks [why people are wearing masks](#)

Helping your children, family, and yourself cope with COVID-19:

There are many resources on the book and internet-based resources on coping. Here are a few that may be helpful to you and your family during this time:

- The Child Mind Institute offers supportive resources [coping with the coronavirus crisis](#), [autism and the coronavirus](#), [managing anxiety](#), [discipline and behavior](#), [dealing with loss](#)
- The [Yale Child Study Center & Scholastic Collaborative for Child and Family Resilience](#) has developed a downloadable workbook to help children cope during the Coronavirus Pandemic. Also available in Spanish and French.
- Dr. Annette La Greca, Professor of Psychology and Pediatrics at the University of Miami, and 7-Dippity, Inc., a consulting company, created [Helping Children and Families Cope with the COVID-19 Pandemic](#), a resilience-enhancing activity book for parents to work on together with children
- Online books for children on how to cope with COVID-19:
 - [Loving Our Way Through: Staying Home, Me and You](#)
 - [My Hero is you](#)
 - [My Name is Coronavirus](#) (available in many different languages)
 - [Oyster and the Butterfly](#) ([Here](#) in Spanish)
 - Something Strange Happened in my City
 - [Time to Come In, Bear: A Children's Story About Social Distancing](#)
 - [Trinka and Sam Fighting the Big Virus](#)
 - [We're Going to be O.K.](#)
- [Text, Talk, Act](#) is a project that leads teenagers through a conversation on mental health. Teenagers will learn about how to take care of their mental health, especially in light of challenges related to COVID-19, and how to reach out to their parents/guardians to start a conversation around mental health. To join, text START to 89800.
- [Shine](#) has created a website focused on caring for ourselves and anxiety we may feel during this period
- The meditation app, [Calm](#), offers free meditation exercises and resources
- The [Headspace](#) app, a mindfulness meditation app, offers a free subscription to DFCI patients and families. Please contact your Psychosocial Oncology Provider for further details
- The [Pediatric Sleep Council](#) has developed a list of sleep resources for babies, toddlers, and parents
- [NPR Music](#) has compiled a list of live virtual concerts from around the world.

This period can be isolating, scary, and stressful for all of us. If you or anyone in your family or community is feeling unsafe during this period, please reach out immediately to your local 911 operator, your hospital-based Psychosocial Clinician, and/or any of the following crisis hotlines to connect with a Crisis Counselor:

- [National suicide hotline](tel:1-800-273-8255): 1-800-273-8255
- [SafeLink](tel:1-877-785-2020) (Massachusetts' statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by domestic or dating violence): 1-877-785-2020
- [Massachusetts Department of Children and Families Child-at-Risk Hotline](tel:800-792-5200): 800-792-5200
- [Crisis text hotline](tel:741741): Text HOME to 741741

Resources for Remote Learning

Your city's public school system may have city-specific resources available to your child if they are enrolled in public school. Please contact your child's school for specific resources.

Here are a few additional pieces that may be helpful as you support your child's learning at home:

- [Child Mind Institute](#): Resources for Remote Learning:
- [Sesame Street in Communities](#) created printables, videos, and workshops to help children learn at home during health emergencies, including specific resources for reading and math.
- The [Kids Activity Blog](#) has compiled a list of educational companies who are offering free subscriptions due to school closings.
- The [Massachusetts Department of Elementary and Secondary Education](#) has compiled a list of educational resources that can support students and families while schools are closed.

Community Resources in response to COVID-19

Accessing a number of concrete resources (food, financial support, housing and accommodation, utilities, childcare, transportation, etc.) may be challenging for you and your family during this period. Because resources available to you may depend on where you live and other details, it may be helpful to visit your city or state government websites for location-specific information. For example, below are a number of food resources available to Massachusetts residents.

Food/Meals

- Applying for [Supplemental Nutrition Assistance Program \(SNAP\)](#) benefits online
- [Women and Infants Children Nutrition Program \(WIC\)](#)
- [The Greater Boston Food Bank](#)
- Project Bread's [FoodSource Hotline](#)
- [Boston Public Schools](#) meal sites

To discuss and access concrete resource needs further, please contact your [DFCI Resource Specialist](#). If additional psychosocial support specific to you and your family may be helpful during this period, please contact your [DFCI Pediatric Psychosocial Oncology Provider](#).