



# Coping with Coronavirus & COVID-19: Resources for Children and Families

*The library has put together a list of online resources to help families and caregivers answer children's questions about coronavirus and COVID-19. We hope these materials will be helpful. We miss you and look forward to seeing you when the library reopens. Please stay safe!*

## **How to Talk to Your Child about Coronavirus and Covid-19**

<https://together.stjude.org/en-us/care-support/talking-about-coronavirus-covid-19.html>

This article from St. Jude Hospital contains discussion topics, advice, and resources to help parents and caregivers answer children's questions about the virus. There are also links to a reproducible coloring book and activity book for kids.

## **American Academy of Pediatrics**

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Advice on how parents can protect their families against the coronavirus.

## **Books to explain the coronavirus to children:**

**COVIBOOK** by Manuela Molina

<https://www.mindheart.co/descargables>

This book is an invitation for families to discuss the full range of emotions arising from the coronavirus situation. Available in English, Spanish, and other languages. Ages 2-7.

**I Have a Question about Coronavirus** by Arlen Grad Gaines and Meredith Englander Polsky

[https://28638781-c0c7-460f-81ae-fa6eba3486b9.filesusr.com/ugd/517d15\\_915f31f39df449a2837c11862a7ab39c.pdf](https://28638781-c0c7-460f-81ae-fa6eba3486b9.filesusr.com/ugd/517d15_915f31f39df449a2837c11862a7ab39c.pdf)

This is especially helpful to explain the coronavirus to children that have Autism Spectrum Disorder or other special needs. Two versions of the same story, one simple and one with more detail, are presented in a Q & A format. Resources for parents and caregivers are included. All ages.

**My Hero is You: How Kids Can Fight COVID-19** by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (World Health Organization)

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

Sara and other children from around the world describe what they can do to keep themselves and others safe. Everyone can be a hero by following simple rules, such as social distancing and washing their hands. All ages.

**Coronavirus: A Book for Children** by Elizabeth Jenner, Kate Wilson, and Nia Roberts. Illustrated by Axel Scheffler

[https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf)

This book explains how the virus is spread and why it is important to stay home. It also talks about feelings kids may have and how they can help at home. Ages 8 and up.

**Exploring the New Coronavirus: a Comic Book for Kids** by Malaka Gharib

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

A short comic book presented by NPR to explain safety measures to kids. Available in English, Spanish and Chinese. Ages 8 and up.

## **Videos to explain the coronavirus to children:**

*There are many videos about the coronavirus online. Adults should preview them before deciding whether or not they are appropriate to show to their children.*

### **Eurac Research**

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

Narrated by a child, this simple cartoon explains why it is important to wash hands.

**Time to Come In, Bear: A Children's Story About Social Distancing** by Kim St. Lawrence, read by Ryan St. Lawrence (Kidshealth.org)

[https://www.youtube.com/watch?v=DA\\_SsZFYw0w](https://www.youtube.com/watch?v=DA_SsZFYw0w)

This picture book video explains to very young children how they can still have fun while staying home.

### **ROBERT Explains the Coronavirus to Children**

<https://www.youtube.com/watch?v=5DI0GKpMNs4>

This video uses PLAYMOBIL characters to tell kids what is happening, what we can do to ease the situation, and why it is important to avoid contact with other people.

## How to Wash Hands

### 5 Hand Washing Songs Your Preschooler Will Love

<http://www.halseyschools.com/5-hand-washing-songs-your-preschooler-will-love/>

Lyrics for songs sung to popular children's tunes.

### Washing Your Hands: The Purple Paint Demonstration

[https://www.youtube.com/watch?v=nEzJ\\_QKjTI4](https://www.youtube.com/watch?v=nEzJ_QKjTI4)

How to thoroughly wash all parts of your hands.

### How to Wash Your Hands NHS Song

<https://www.youtube.com/watch?v=S9VjelWLnEg>

This short video demonstrates the way to thoroughly wash hands.

## Local and State Resources

### Town of Windham, CT website

<https://www.windhamct.com/>

Check here for the latest news on the coronavirus as it pertains to our town.

### Connecticut's Official State Website

<https://portal.ct.gov/coronavirus>

Current information about the coronavirus in Connecticut, including news briefings from Governor Ned Lamont and updated statistics.

### Connecticut Office of Early Childhood

<https://www.ctoec.org/covid-19/>

Resources for families and providers of young children.

### Child Health & Development Institute of Connecticut

<https://www.chdi.org/news/news-events/covid-19/>

Links to lots of resources, as well as how to donate or volunteer during this crisis.

### United Way of Central and Northeastern Connecticut

<https://unitedwayinc.org/emergency-response/>

Links to information about the virus, including what you can do to help.

### 211 Website

<https://uwc.211ct.org/covid19resources/>

Information, resources, and advice regarding legal, financial, healthcare, housing, and other basic needs.

The library offers free ebooks, downloadable audio books, online classes, language learning, job help, and databases, for children, teens, and adults.

All you need is a Willimantic Public Library card!

To access these and other free resources available during the COVID-19 pandemic, please go to <https://www.willimanticlibrary.org/books-media/all-resources.shtml>

Windham/Willimantic residents can get a library card by filling out a form:

English - <https://forms.gle/KZPmVhMded2XnsHUA>

Spanish - <https://forms.gle/8FUY9WndfTXVQ2zx9>

Email us at [willimanticpubliclibrary@biblio.org](mailto:willimanticpubliclibrary@biblio.org) with any questions



Stay safe!