

COVID-19: Resources for Pediatric Health Care Providers to Support Families

1. Infographics and fact sheets, suitable for display or distribution in the office/practice

Title	Description	Link	Source
Positive Parenting	Infographic on parenting behaviors that foster a child's capacity to love, trust, learn, and grow.	English: https://www.zerotothree.org/resources/2240-positive-parenting-infographic Spanish: https://www.zerotothree.org/espanol/infografia-de-crianza-positiva	Zero to Three
Managing Your Own Emotions: The Key to Positive, Effective Parenting	Guidance for parents on the influence their reactions have on children's behavior and tips on how to respond to help children develop and foster their coping skills.	English: https://www.zerotothree.org/resources/338-managing-your-own-emotions-the-key-to-positive-effective-parenting Spanish: https://www.zerotothree.org/resources/1860-el-manejo-de-las-propias-emociones-la-clave-para-los-estilos-de-crianza-de-ninos-positivos-y-eficaces	Zero to Three
Helping Children Cope with Stress During the COVID-19 Outbreak Infographic	World Health Organization infographic on helping children cope with stress during the COVID-19 outbreak.	https://www.epi-win.com/all-resources/helping-children-cope-with-stress-during-the-covid-19-outbreak	World Health Organization Information Network for Epidemics
Coping with Stress During the COVID-19 Outbreak Infographic	World Health Organization infographic on coping with stress during the COVID-19 outbreak.	https://www.epi-win.com/all-resources/coping-with-stress-during-the-covid-19-outbreak	World Health Organization Information Network for Epidemics
Talking with Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks	Fact sheet for parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak. It describes potential reactions among youth and the support adults can provide to help them.	https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/PEP20-01-01-006	U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)

2. Practice parameters and guidance

Title	Description	Link	Source
Disaster and Trauma Clinician Resource Center	Practice parameters for clinicians on trauma, grief, post-traumatic stress disorder, and other resources related to responding to disasters and trauma.	https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Disaster_Resource_Center/Resources_for_Clinicians_Disaster.asp x	American Academy of Child & Adolescent Psychiatry
Promoting Adjustment and Helping Children Cope	General resources for health care providers to guide their work with families and children on adjustment and coping with crises. Includes links to professional guidance, materials to share with parents, as well as instructional videos for clinicians on topics ranging from psychological first aid and assisting children with managing grief and loss to post-traumatic stress disorder and managing secondary traumatic stress.	https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/children-and-disasters/Pages/Promoting-Adjustment-and-Helping-Children-Cope.aspx	American Academy of Pediatrics
Secondary Traumatic Stress: A Fact Sheet for Child-Serving Providers	Professional-facing fact sheet on secondary traumatic stress in children and its potential impact on child-serving professionals. Outlines options for assessment, prevention, and interventions relevant to secondary stress.	https://www.nctsn.org/sites/default/files/resources/fact-sheet/secondary_traumatic_stress_child_serving_professionals.pdf	National Child Traumatic Stress Network

3. Stress management and self-care for health care providers

Training Video: Anxiety and COVID-19	Training video (22 minutes) for health care providers on addressing their own COVID-19 anxiety. Presented by Dr. Dana E. Crawford, Director of Trauma-Informed Care, and Dr. Miguelina German, Director of Pediatric Behavioral Health Services, Montefiore Medical Center.	https://vimeo.com/398138843/b4dc58fcf5	Montefiore Medical Center
Headspace for Health Care Professionals (FREE)	Headspace, the mindfulness app, is offering all health care professionals free access to all its content through 2020. Subscriptions can be redeemed by providing NPI and email address.	https://www.headspace.com/health-covid-19	Headspace
Managing Health Care Workers' Stress Associated with the COVID-19 Virus Outbreak	Information and resources for health care workers on sources of stress and strategies for dealing with stress related to the COVID-19 outbreak, developed by the National Center for PTSD of the U.S. Department of Veterans Affairs.	https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp	U.S. Department of Veterans Affairs, National Center for PTSD