**Advice for Parents:**

Be calm and reassuring

* Most children are sensitive to the anxiety and stress in their family. Manage your own anxiety, work to stay healthy and take breaks when needed.
* Reassure them that people are working hard to help and keep people safe
* Don’t blame others. Don’t stigmatize those that are sick or use language that targets other groups of people.

Set routines and schedules

* Regular bed and wake up times
* Structure the day with learning, free time, physical activity
* Allow flexibility within a dependable structure

Find ways for them to stay connected with school, friends, and other groups

* Find ways to help others that are meaningful to kids

Set age appropriate boundaries on Covid information and media

* Provide honest and accurate information
* Teach them the things they can do: appropriate hygiene and physical distancing
* Avoid frequent updates and perseverating on negative news
  + Distract with other activities

Make yourself available. Allow time and space for them to talk, ask questions, and discuss feelings.

Watch for signs of stress in child

* Increased worry or sadness
* Change in eating or sleeping habits
* Difficulties with attention or concentration
* Increased opposition, tantrums, irritability

Model healthy patterns and coping strategies

* Physical activity
* Spend time outside
* Teach specific anxiety coping strategies

**Information on Covid-19**

**Alberta information**: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx#toc-9>

**Canadian information**: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

**Alberta Health Services information:** <https://www.albertahealthservices.ca/topics/Page16944.aspx>

**University of Calgary information**: <https://ucalgary.ca/risk/emergency-management/plans-procedures/covid-19-response>

**WHO information**: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**How to talk to children about Covid-19**

<https://www.cps.ca/en/blog-blogue/how-can-we-talk-to-kids-about-covid-19>

<https://www.caringforkids.cps.ca/handouts/disaster>

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

**Social story explaining Corona virus**: <https://theadditionalneedsblogfather.files.wordpress.com/2020/03/hello-im-coronavirus.pdf>

**Crisis intervention and support**

For immediate life-threatening emergencies call 911 or go to emergency room.

Many family doctors in Alberta are offering telemedicine and remote services. Contact your healthcare professionals to learn how they can assist you.

**Call 211:** <https://www.ab.211.ca/>

Phone, text, live chat, and links to community resources and supports.

**Kids help phone:** <https://kidshelpphone.ca/>; 1-800-668-6868

Phone, text, and live chat providing support and counselling for children and youth. Links and online advice for mental health resources and supports.

**Distress Centre:** <https://www.distresscentre.com/>; 403.266.HELP (4357)

24 hour crisis line, email, daily chat, and daily text for our youth, professional counselling and connection to support.

**Wood’s Homes**: <https://www.woodshomes.ca/>; 403-299-9699, 1-800-563-6106

Text, chat, and phone services.

**Mental Health Help Line**: <https://www.albertahealthservices.ca/amh/amh.aspx>; 1-877-303-2642. 24 hour province-wide help line.

**Association of Alberta Sexual Assault Services:** <https://aasas.ca/>; **Alberta's One Line**: Call or text 1-866-403-8000 for advice and support regarding experiences of sexual violence.

**Calgary Women’s Emergency Shelter:** <https://www.calgarywomensshelter.com/index.php/programs/24-hour-family-violence-helpline>;Family Violence Helpline: 24/7 support: 403-234-7233, toll-free: 1-866-606-7233

**Calgary Communities Against Sexual Abuse**: <http://www.calgarycasa.com/>; 403-237-5888 for support and information.

**Alberta Health Services Addiction Helpline**: **1-866-332-2322**for advice and service referral for adults and youth requiring addiction support, translation services available. Available 24 hours.

**Community resources**

**Calgary United Way**: <https://calgaryunitedway.org/covid-agency/#individuals>

Information and coordination of resources and information regarding Covid in the Calgary community.

**Calgary food Bank:** <https://www.calgaryfoodbank.com/>

**University of Calgary resources**: <https://ucalgary.ca/community/covid-19-support>

Information from experts at the University of Calgary including webinars and podcasts about mental health, and education.

**Mental health and anxiety information for children**

**Calgary Counselling Centre:** <https://calgarycounselling.com/covid19>

Online counselling during pandemic restrictions as well as online mental health information

**Anxiety Canada:** <https://www.anxietycanada.com/>

Education geared towards children and adolescents with anxiety disorders.

**The ABC’s of Mental Health:** <https://www.sickkidscmh.ca/ABC/Welcome.aspx>

Free web-based mental health resources for parents and teachers on a variety of mental health topics, including anxiety and mood disorders.

**Children’s Mental Health Learning Series:** <https://www.alberta.ca/childrens-mental-health.aspx>

Provides families with information to increase knowledge and support children and adolescents with mental health concerns.

**Psychologists Association of Alberta Disaster Response Network:** <https://psychologistsassociation.ab.ca/about-paa/disaster-response-network/>

Short term psychology counselling by volunteer psychologists for those affected by disaster

**American Academy of Child and Adolescent Psychiatry Resource list:** <https://www.aacap.org/coronavirus>

List of resources for parents, patients, and clinicians to help with the impact of the novel coronavirus (COVID-19)

**Specific information for children with disabilities**

**Society for treatment of Autism:** <https://www.sta-ab.com/>

Is offering telepsychology on sliding scale during Covid-19 restrictions for children over 10 years old with access to computer. Contact [Counselling@sta-ab.com](mailto:Counselling@sta-ab.com) 403-253-2291

**Autism Speaks Canada:** <https://www.autismspeaks.ca/media-request-contact-us/news/news-press-releases/covid-19-information-and-resources/>

Advice and information for families and caregivers of children with autism during Covid and related restrictions.

**Neurodiversity empowerment network** advice on home schooling: <https://www.neurodiversityempowerment.com/news-notes/start-up-guide-for-schooling-at-home-due-to-covid-19?fbclid=IwAR1o9pcOt4pzbl0TqdvRBbxxWIfOplxcnNS7Y8U0Cfv2-AXLSxZ8M_9LlQM>

**Autistica:** <https://www.autistica.org.uk/what-is-autism/coping-with-uncertainty>

UK Autism family support and research organization. Advice on managing uncertainty.

**List of educational apps** for children with disabilities: <https://www.edutopia.org/article/apps-students-special-needs-school-buildings-shutter?fbclid=IwAR2uVPdmze7BOGbvFpjaVqq2Ecp5WM8yIJ9gIm-KKfPRKUMWuMScY9aqgks>

**Fitness and lifestyle**

**Virtual YMCA** Calgary: <https://virtualy.ymcacalgary.org/>

Health and fitness information online.

**Education supports and options**

**Calgary Library digital resources:** <https://calgarylibrary.ca/read-learn-and-explore/digital-library/>

**Curio.ca:** <https://curio.ca/en/>

Subscriber-based streaming service developed expressly for the Canadian educational community with content for all ages up to post-secondary

**Sesame street online:** <https://www.sesamestreet.org/caring>

Includes both educational activities and way to talk to younger kids about covid

**Audible** has made children’s stories free during pandemic: <https://stories.audible.com/start-listen>

**Discovery education:** <https://www.discoveryeducation.com/>

**Virtual School Activities:** <https://virtualschoolactivities.com/>

List of educational sites and online activities: <https://docs.google.com/document/d/1x4yV05oKC_dkKReUZY_acxh01Ajo8YEckJMaFPtS8Ek/edit>

Another list: <https://static1.squarespace.com/static/52f520c9e4b0e482df78378e/t/5e83db27090a1b4effa6735b/1585699624688/LDA+London+Region+Parent+and+Student+Resources.pdf>

At home activities for children: <https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/?fbclid=IwAR1aACaj1d7dLlmAB1mnygySlpqE537idwsPAtPHjUSH8MUpghTyQK0f9sw>