

# ***PARENTING DURING A PANDEMIC***

***MANAGING HOUSEHOLDS, SCHOOLING,  
WORK AND OUR CHILDREN'S RAINBOW  
OF EMOTIONS DURING A CRISIS.***

# Resources

- Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019
- CHECKLIST OF COGNITIVE DISTORTIONS
- How to Change Negative Thinking Patterns
- Supporting Families During COVID-19
- Coronavirus (COVID-19): How to Talk to Your Child (for Parents) - Nemours
- CDC: Talking with Children about Coronavirus Disease 2019
- Handwashing: Keeping Your Family Healthy
- How to Talk to Your Kids About Coronavirus
- Massachusetts General: Guide to Mental Health Resources
- Parenting During a Pandemic- Mom Tribe

# Resources

- Talking to kids about coronavirus
- Cosmic Kids Yoga
- Yoga For Teens | Yoga With Adriene
- Child Relaxation Script
- Relaxation Script for Younger Children
- Brain Pop: Coronavirus
- Ascension Behavioral Health Resources

# ***Book Recommendations***

## **Overcoming Fear, Bravery and Courage**

- **Sheila Rae the Brave**
- **I Need My Monster**
- **Brave Irene**
- **Daredevil Duck**
- **The Dark by Lemony Snickett**
- **The Fun Book of Scary Stuff**
- **If I Never Forever Endeavor**
- **Courage**
- **Scaredy- Squirrel**
- **Jabari Jumps**

# ***Book Recommendations***

## **Anxiety and Worry**

- **Captain Starfish**
- **Wemberly Worried**
- **Breathe**
- **Pilar Worries**
- **What Do You Do with a Problem?**
- **Small Things**
- **Wilma Jeans the Worry Machine**
- **The Worry Box**
- **Hey Warrior**

# Contact Info

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- **Emily Halevy**, Candidate for DeKalb County Commissioner  
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# ***Crisis Hotline***

For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at

**1-800-715-4225**

[Georgia Crisis and Access Line \(GCAL\)](#)

# ***National Domestic Violence Hotline***

For immediate access tools and support for  
those experiencing domestic violence:

**1-800-799-SAFE (7233)**

[National Domestic Violence Hotline](#)



***Thank you!***



**TOWN HALL**