

**To Our Pediatrician Partners:**

**The PATHS team has been busy gathering resources that may be of help to you and your patients/parents during this pandemic. There are many online resources that parents and you or your staff can access which may be of significant help. We have gathered several of them here in addition to other items that we have found which may be useful. Please feel free to share these with your parents and staff as you see fit. As always, please let us know if there are any other ways that we may be helpful to you.**

**Sincerely,**

**Susan Griffin and the Entire PATHS Team**

**General Resources for Caregiving during COVID-19:**

[https://childmind.org/coping-during-covid-19-resources-for-parents/](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fchildmind.org%2fcoping%2dduring%2dcovid%2d19%2dresources%2dfor%2dparents%2f&umid=DA2139F4-A2BA-6805-81E6-F0C27AAD28D6&auth=e133adff00cc145aa50d98b73c1fb7a971aac781-9c59cc6a4c992a1adf09345246a473b145ac846b)

[https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/The-American-Academy-of-Pediatrics-Advises-Parents-Experiencing-Stress-over-COVID-19.aspx](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.aap.org%2fen%2dus%2fabout%2dthe%2daap%2faap%2dpress%2droom%2fPages%2fThe%2dAmerican%2dAcademy%2dof%2dPediatrics%2dAdvises%2dParents%2dExperiencing%2dStress%2dover%2dCOVID%2d19.aspx&umid=DA2139F4-A2BA-6805-81E6-F0C27AAD28D6&auth=e133adff00cc145aa50d98b73c1fb7a971aac781-88f14a0e60e7d444236232f3f4c3fe3086c4a2f2)

[https://childrensalblog.org/2020/03/16/perspectives-of-covid-19-from-a-pediatric-psychologist/](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fchildrensalblog.org%2f2020%2f03%2f16%2fperspectives%2dof%2dcovid%2d19%2dfrom%2da%2dpediatric%2dpsychologist%2f&umid=DA2139F4-A2BA-6805-81E6-F0C27AAD28D6&auth=e133adff00cc145aa50d98b73c1fb7a971aac781-20c6773d7a10b730c17b9d0178dce87a34e787ae)

**Taking Care of You:**

[https://www.psychologytoday.com/us/blog/little-house-calls/202004/parenting-right-now-is-really-hard](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.psychologytoday.com%2fus%2fblog%2flittle%2dhouse%2dcalls%2f202004%2fparenting%2dright%2dnow%2dis%2dreally%2dhard&umid=DA2139F4-A2BA-6805-81E6-F0C27AAD28D6&auth=e133adff00cc145aa50d98b73c1fb7a971aac781-a259b4111581691580185476416fe26ef5ccac34)

[https://childmind.org/article/self-care-in-the-time-of-coronavirus/](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fchildmind.org%2farticle%2fself%2dcare%2din%2dthe%2dtime%2dof%2dcoronavirus%2f&umid=DA2139F4-A2BA-6805-81E6-F0C27AAD28D6&auth=e133adff00cc145aa50d98b73c1fb7a971aac781-b09f8a621fc727ccf0c13da90ec204c7841ab905)

**For Children with Developmental Disabilities or Special Health Care Needs:**

[https://www.apa.org/research/action/children-disabilities-covid-19](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.apa.org%2fresearch%2faction%2fchildren%2ddisabilities%2dcovid%2d19&umid=DA2139F4-A2BA-6805-81E6-F0C27AAD28D6&auth=e133adff00cc145aa50d98b73c1fb7a971aac781-2e58f63216f5af43df82fcce99c65a7438e02565)

<https://hicaalabama.org/en/covid19resources> - a resource serving Hispanic residents

<https://alabamapartnershipforchildren.org/resources-for-covid-19/>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html>

<https://www.zerotothree.org/resources/3299-baby-talks-parent-coronavirus-questions-answered>

<https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus>

<https://www.pbs.org/parents/thrive/parenting-during-coronavirus-you-are-enough>

<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

<https://www.zerotothree.org/resources/3264-at-home-activity-guide>

<https://www.firstthingsfirst.org/first-things/parenting-in-the-time-of-coronavirus/>

<https://www.zerotothree.org/resources/3289-separated-from-your-young-child>

[https://www.zerotothree.org/resources/3211-why-are-people-wearing-masks-why-are-people-covering-their-faces](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.zerotothree.org%2fresources%2f3211%2dwhy%2dare%2dpeople%2dwearing%2dmasks%2dwhy%2dare%2dpeople%2dcovering%2dtheir%2dfaces&umid=AD3B49BE-A2DB-E005-A9AF-A1AC2ABF0E46&auth=e133adff00cc145aa50d98b73c1fb7a971aac781-6348dcfca12355727aff0879d91ccd51b0e26496)

[https://consciousdiscipline.com/free-resources/type/covid-19/](https://imsva91-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fconsciousdiscipline.com%2ffree%2dresources%2ftype%2fcovid%2d19%2f&umid=646C1D71-A2E1-3005-876E-1B08B5C64ED7&auth=e133adff00cc145aa50d98b73c1fb7a971aac781-6e35d6b52a00b1b81b02e5c6e5e80bdc99dffdf9) - parents and providers can sign up for a FREE account & access over 200 resources that include printables, videos, & social stories. There is a section for COVID-19 & includes so many amazing resources keeping the mental health of the caregivers & children in mind.

 