



Start the Conversation: **Re-Emerging in the Time of COVID-19** Resource Guide

Articles

Center for Disease Control (CDC)

[COVID-19 pandemic: Helping Young Children and Parents Transition Back to School](#)

Key Takeaways...

- Young children may struggle being separated from their primary care-giver; how do we ease that transition?
- Finding safety within yourself as the grown up
- Routines are key. What can you keep steady and the same amongst all of this change?
- Connect to your community (with other primary care-givers)
- Go to the location before the first day. Either online or virtually. Look at pictures. Talk about what to expect. Teachers can give tours on the first day to help ease the fear of the unknown.

CNN

[Prepare your kids mentally for the transition back to school](#)

Key Takeaways...

- Talk about it! What questions does your young person have? Hear their fears, validate them, then address the reality. Share what you know that might ease the anxiety and acknowledge the real concerns and how you might combat those.
- Stay flexible and adaptable; how do we support flexibility in our young people and how do we support those who are less flexible because of trauma?

Child Mind Institute

[COVID Related Back-to-School Resources for Families and Educators](#)

Back to School Anxiety During COVID

[English](#) : [Spanish](#)

Key Takeaways...

- “...reassuring children that it’s safe to be away from them, while also encouraging them to be careful and preparing them to be flexible in case the situation changes. How do you do that? Here are some pointers.”



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- Separation: Baby steps! Playing alone, staying with another caregiver while the primary caregiver is away.
- 'Today the grown-ups have decided it's safe for you to go. If that changes and it seems more risky, they'll decide we should stay home.'

NPR

[What To Say To Kids When The News Is Scary](#)

(Podcast & Article)

Key Takeaways...

- It is important to limit young people's access to the news. Be mindful of when you are consuming news and if your young person might also be consuming during that time. When you do take in news, do it together in a mindful way. That way young people can ask questions and you can process together.
- It is impossible to limit a child's access to the news completely. So when information is consumed, use the steps in this article to help process with your child.

American Occupational Therapy Association

[Tips for Families: Helping Children and Adolescents Transition Back to School](#)

PBS

[10 Tips for Talking About COVID-19 with Your Kids](#)

[How to help your kids break out of their pandemic bubble and transition back to being with others](#)

Embrace Race

(All Resources Available in English and Spanish)

[Evidence-Based Suggestions for Managing Stress](#)

[COVID-in-Color: Race-Conscious Resources for Children & Families](#)

[How to talk to your children about COVID-19](#)



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Recommended Children's Books & Book Lists

Featuring COVID Themes

- School Library Journal - [2021 Children's Books About the COVID-19 Pandemic](#)

Featuring Themes of Anxiety, Separation and Self-Soothing Tools

- *The Kissing Hand* by Audrey Penn
This book features a story that provides families a tool to help ease and provide comfort to young children as they transition into spaces outside of the home without their primary caregiver.
- *Ruby Finds a Worry* by Tom Percival

Featuring Themes of Change

- *The Day you Begin* by Jacqueline Woodson
 - [24 Children's Books about Adapting to Change](#)
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COVID-19 Resources

COVID-19 Testing

Where To Get Tested...

In NYC: [NYC COVID-19 Testing Locations](#)

Use the above link to find your closest (and free) testing site in NYC!

Outside of NYC: [USA COVID-19 Testing Locations](#)

Use the above link to find your closest testing site anywhere in the United States. All you need to search is a zip code!

Before you get tested...

[Supporting Your Child During a COVID-19 Nasal Swab](#)

This child friendly video explains how a COVID-19 test works and shows how a test is administered. By watching this video with a child before



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having a COVID-19 test you help them prepare and know what to expect which sets them up for success rather than a potentially scary surprise. This is a great resource provided by the Mayo Clinic.

COVID-19 Vaccines

Where To Get Vaccinated...

*In NYC:

[Vaccine Site Info in Multiple Languages](#)
[Vaccines in Your Neighborhood](#)

*Outside of NYC:

[COVID-19 Vaccine Near You](#)

Vaccines are FREE everywhere in the United States!

About the COVID-19 Vaccine...

As of September 2021, you must be 12 years or older to be vaccinated for COVID-19. Please continue to monitor the news for age qualification updates.

[Watch videos created by the CDC](#) that explain many different aspects of COVID-19.

[COVID-19 Vaccines for Children and Teens](#): This link provides information from the CDC on safety and effectiveness of the vaccine for children and teens.

If you have specific questions about the vaccine, your child's eligibility or how the vaccine relates specifically to your child's health please reach out to a trusted medical professional.