

## Resources for Squires Students & Families--

- [Coping Skills for Kids](#)
- [Play Ideas for Families at Home](#)
- [How to Talk to Kids and Teens About the Coronavirus](#)
- [Child Mind Institute: Supporting Families During COVID-19](#)
- **Daily Tips for Parents--** The Child Mind Institute is offering daily email tips for parents to support families through this crisis. Parents can sign-up at this [link](#). This agency also offers great resources for parents on their [website](#).
- CDC [Mental Health and Coping During COVID-19](#)
- The Jed Foundation [Tips for Self-Care and Managing Stress](#)
- Substance Abuse and Mental Health Services Administration (SAMHSA) [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)
- SAMHSA [Coping With Stress During Infectious Disease Outbreaks](#)

### Students and Families

- NASP [Talking to Children About COVID-19: A Parent Resource](#)
- NASP [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#)
- The National Child Traumatic Stress Network [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#) (English, Spanish, and Chinese versions available).
- Child Mind Institute [Talking to Kids About the Coronavirus](#)
- National Public Radio [Just for Kids: A Comic Exploring the New Coronavirus](#)
- American Academy of Child and Adolescent Psychiatry [Talking to Children About Coronavirus](#)
- University of Maryland Center of Excellence for Early Childhood and Infant Mental Health [Coronavirus Kids Flyer](#)

Public Broadcasting System [How to Talk To Your Kids About Coronavirus](#)

### Resources for Utility Bills

<https://lge-ku.com/newsroom/press-releases/2020/03/16/lge-ku-and-odp-suspend-residential-disconnects-waive-new-late>

<https://www.columbiagasky.com/our-company/news-room/article/columbia-gas-to-suspend-shutoffs-for-non-payment-during-covid-19-pandemic-KY>

<https://amwater.com/kyaw/>

### God's Pantry Food Source Information

<https://godspantry.org/covid19/>