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
- 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://amwater.com/kyaw/](https://amwater.com/kyaw/)

**God’s Pantry Food Source Information**

[https://godspantry.org/covid19/](https://godspantry.org/covid19/)