

DIVISION OF DEVELOPMENTAL DISABILITIES

Fostering Resiliency in Children and Diminishing Trauma During the COVID-19 Crisis

During the COVID-19 pandemic, DDD members may have unique worries associated with fear of the disease as well as difficulty with adjustments to the public health mitigation strategies, such as the stay at home order, that result in changes to normal activities. The DDD Health Plans have developed the below resources for families, caregivers, group homes and other providers to support members' emotional wellbeing during the pandemic. These include tips related to staying at home, how to manage disruption in usual routines, and other resources:

Crisis Prevention - De-escalation Techniques for Families:

<https://www.crisisprevention.com/Blog/How-School-Culture-was-Revolutionized-by-Verbal-De>

Triple P -Parenting Tips for Parents and Caregivers during in Uncertain Times:

<https://www.triplep-parenting.com/us/hot-parenting-topics/covid-19-parenting-tips-for-parents-and-caregivers-in-uncertain-times/>

Centers for Disease Control and Prevention - Tips for Keeping Children Healthy While School's Out:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

World Health Organization COVID-19 Advice for the Public: Healthy Parenting:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

Center on the Developing Child - Resources on Stress Resilience:

<https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/>

Autism Speaks - How to Cope with Disrupted Family Routines During COVID:

<https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19>

ACES Connection - Transforming COVID-19 into a Positive Experience for Our Children:

<https://www.acesconnection.com/blog/healing-in-place-game-on-to-flip-the-covid19-threat-into-a-positive-experience-for-our-children>

Early Childhood Investigations - Ongoing Series of Conference-Quality Free Webinars for Early Childhood Educators And Caregivers:

<https://www.earlychildhoodwebinars.com/webinar-resources/>

PBS - Talking About COVID-19 with Children:

<https://sesamestreetincommunities.org/>

Video from BrainPOP - What Is Coronavirus?

https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?mkt_tok=eyJpLjoiWkRjMU5URTBPRGRqT1RWbSIsInQiOiJYc1VuWmtLNIBMSk5FYjV1XC9qN1ZzaXk2aDg-4cFVSQXBmQWFnQWRvczFzSGt4Z01TeXp2bWU2QmcrFZQZTB6UVFWazVIMUpkR3VXYWp-4dWh0RmZQNGc9PSJ9

The National Wraparound Implementation Center (NWIC) and the National Wraparound Initiative (NWI) - Guidance on Potential Modifications That May be Necessary to Effectively Support Young People and Families Participating in Wraparound During COVID-19:

<https://nwi.pdx.edu/featured-publications/>

Child Trends - Resources for Supporting Children's Emotional Wellbeing During the COVID-19 Pandemic:

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Harvard Graduate School of Education - Helping Children Cope with COVID-19 Uncertainty:

<https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty>

Common Sense Media - Resources for Families during the Coronavirus pandemic:

<https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic>

Early Learning Nation - A Parent's Guide to Surviving COVID-19: 8 Strategies to Keep Children Healthy and Happy:

<http://earlylearningnation.com/2020/03/a-parents-guide-to-surviving-covid-19-8-strategies-to-keep-children-healthy-and-happy/>

National Association of School Psychologists - Talking to Children about COVID-19 a parent resources:

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

SAMHSA - Parenting during the COVID-19 Crisis:

https://store.samhsa.gov/sites/default/files/product_thumbnails/PEP20-01-01-006-Thumbnail.jpg

National Child Trauma Stress Network - Resource Fact Sheet:

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Child Mind Institute - Supporting Kids during the COVID-19 crisis:

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

Child Mind Institute - Supporting Teens and Young Adults during the Coronavirus Crisis:

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

SAMHSA - Talking with Children: Tips for Caregivers, Parents, and Teachers during Infectious Disease Outbreaks:

<https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Prevent Child Abuse Arizona - Weekly Webinars on Building Resilience And Effects of Childhood Trauma:

<https://azaces.org/wp-content/uploads/2020/03/April-Weekly-Wednesday-Webinars.pdf>

AZ PBS - Resources to Expand Learning and Family Engagement with our At-Home Learning On-air Programming.

azpbs.org/athomelearning

Common Sense Media - Free Online Events and Activities for Kids at Home:

<https://www.commonsensemedia.org/blog/free-online-events-activities-kids-at-home-coronavirus>

AZ ACES - COVID-19 Anxiety for Kids Coloring Book:

<https://azaces.org/wp-content/uploads/2020/03/COVID-19-Anxiety-for-kids.pdf>

National Center for Families Learning- Online learning:

<https://www.familieslearning.org/resources/out-of-school-time>

National School Choice Week - Free Resources, FAQ for Families Educating at Home during Coronavirus Pandemic:

<https://schoolchoiceweek.com/parent-resources-during-coronavirus/>

Pinal Early Childhood Coalition- In-Home Resource Guide:

<https://azaces.org/wp-content/uploads/2020/03/In-Home-Family-Resource-Guide-Final.pdf>

The Sibling Support Project – Supporting Brothers and Sisters of People with Special Health, Developmental, and Mental Health Concerns:

<https://www.siblingsupport.org/COVID-19-Resources>

HELPLINES

Dial 2-1-1 2-1-1

Arizona is an information and referral service which transforms lives by linking individuals and families to vital services throughout the state, including food, rental, and utility assistance, along with other forms of aid. The new line operates 12 hours daily, from 8 a.m. to 8 p.m. seven days per week.

<https://211arizona.org/>

Dial 877-705-KIDS (5437)

The Birth to Five Helpline is a free service available to all Arizona families with young children, as well as parents-to-be, with questions or concerns about their infants, toddlers and preschoolers. Call to speak with an early childhood specialist, on duty Monday through Friday from 8:00 a.m. to 8:00 p.m. You can also leave a voicemail or submit your question online anytime.

<https://www.firstthingsfirst.org/resources/birth-five-helpline/>