

Resources to Support Adults, Parents, Children and Families During the COVID-19 Pandemic



Understanding and Coping with Reactions during a Pandemic, for adults during the COVID-19 pandemic, developed by the Childhood Violent Trauma Center at the Yale Child Study Center, Yale University School of Medicine (a Center of the National Child Traumatic Stress Network (NCTSN)). After reading the introduction in this document, the subsequent color-coded pages walk the reader through what a person might be experiencing during the pandemic; how that could manifest in physical, cognitive, emotional and behavioral symptoms; coping strategies; and why these strategies may be effective:

<https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/>

Spanish translation of *Understanding and Coping with Reactions during a Pandemic*:

<https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/>

Parenting Guide: Helping Children Cope with the COVID-19 Pandemic, for parents and caregivers who are supporting children during the COVID-19 pandemic, developed by the Childhood Violent Trauma Center at the Yale Child Study Center, Yale University School of Medicine (a Center of the National Child Traumatic Stress Network (NCTSN)). This document is a “tip card” that serves as a tool for parents and caregivers to help them understand their child's experience during this pandemic, help them think from the child's perspective, and therefore how to better understand how to support children:

<https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/>

Spanish translation of *Helping Children Cope with the COVID-19 Pandemic*:

<https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/>

Supporting Children During Coronavirus, for parents and caregivers who are supporting children during the COVID-19 pandemic, developed by the National Child Traumatic Stress Network (NCTSN). This document offers ways to support children during the pandemic, including a description of how to start a conversation with children about COVID-19, correct inaccurate information, encourage children to ask questions and how to answer them:

<https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/>

Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19, for parents/caregivers supporting children impacted by traumatic separation and/or traumatic grief during the COVID-19 pandemic, developed by the Child Traumatic Grief-Traumatic Separation Committee of the National Child Traumatic Stress Network (NCTSN). This document is a "tip card" that serves as a tool for parents and caregivers to help them understand their child's experience of and reactions to traumatic separation and/or traumatic grief, help them think from the child's perspective, and therefore how to better understand how to support children:

<https://medicine.yale.edu/childstudy/communitypartnerships/cvtc/>

Developed by the Childhood Violent Trauma Center
at the Yale Child Study Center