



Resources for Parents/Guardians during COVID-19 related Closure

The district's psychologists and social workers have put together the following online resources and suggestions on how to speak to your children and manage your own feelings as we all go through this public health crisis together. Remember that in order to take care of your own children it is also important to take care of yourselves. It is important to stay informed, but be sure to rely on credible sources, and not overwhelm yourself with information from social media. When one becomes overwhelmed it's advisable to shut off the TV and shift your mindset. Perhaps, take a walk, play a board game, or cook a meal. Physical activity is a great way to calm down and distress for both children and adults.

Child Care Council of Nassau, Inc.: 516-358-9250

DSS Nassau County Day Care Unit: 516-227-7976

www.nassaucountyny.gov1902Cay-Care

DSS Nassau County Emergency Assistance

Source: National Association of School Psychologists

[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)

Source: Child Mind Institute

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Source: Yale University

<https://www.yalemedicine.org/stories/covid-19-anxiety/>

Source: Harvard Medical School

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

Source: Autism Speaks

<https://www.autismspeaks.org/science-news/how-handle-school-closures-and-services-your-child-autism>

Source: CHADD

<https://chadd.org/we-will-be-here-for-you/>

DSS Nassau County

60 Charles Lindbergh Blvd. Uniondale, NY

516-227-8519

Long Island Cares: Children's Food Trucks: 631-582-3663