



Resilience for Families during the COVID-19 Crisis

Resilience Competency-Connection: The ability to use communication and empathy to build strong relationships, ask for help, and support others.

<https://militaryfamilieslearningnetwork.org/2020/03/30/resources-for-constructive-conversations-with-your-child-about-coronavirus/> **Military Families Learning Network** Family Development want to share resources that can help families and children cope during difficult times. The resources are not exhaustive, but they do provide helpful, updated and concise information.

<https://ncyi.org/2020/03/11/exploring-the-new-coronavirus/> **National Center Youth Issues:** Exploring the New Coronavirus: A Comic Book Just for Kids. This creative comic book informs kids about the coronavirus in a way that makes sense to them. It also teaches them not to be scared but smart, with simple actions they can take daily to protect themselves and others from getting sick.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html> **Centers for Disease Control and Prevention** created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

<https://www.militarychild.org/covid19> **Military Child Education Coalition (MCEC):** Navigating Change is a new virtual learning series for novice & experienced educators. The series is designed for all educators, including those who have suddenly entered the unfamiliar waters of home instruction.

<https://www.militaryonesource.mil/family-relationships/family-life/keeping-your-family-strong/how-to-keep-family-stress-away-while-everyone-is-home> **Military One Source:** You've got experience adapting to unexpected changes in your life from being a member of the military community. Here are some ways to deal with the pressures of sheltering in place.

<https://www.nationalgeographic.com/family/in-the-news/coronavirus/talking-to-your-kids-about-coronavirus> **National Geographic:** "Kids need to feel safe and not worry," says Katie Ryder, a family medicine physician at Kaiser Permanente in the mid-Atlantic region. Here are some tips on how to talk to your children about coronavirus.

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus> **Public Broadcasting Services:** Articles, videos, and activities for children 2-8 years old.

<https://www.secondstep.org/covid19support> **Second Step:** Ways to Cope in Trying Times - Concerns about the spread of COVID-19 are growing. Here, we've compiled a list of resources you can use to help young people learn the social-emotional skills they need to get through these challenging events.

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