



Family Materials

Coping with Coronavirus & Covid-19

The Stratford Library put together these online resources to help families and caregivers answer their children's questions about the coronavirus and Covid-19. This resource list will grow as new information becomes available. We hope these materials will be of help to you. Please stay safe. We look forward to seeing you all at the library when this situation has passed!

How to Talk to Your Child about Coronavirus and Covid-19

<https://together.stjude.org/en-us/care-support/talking-about-coronavirus-covid-19.html>

This excellent article from St. Jude Hospital contains discussion topics, advice, and resources to help parents and caregivers answer children's questions about the virus. There are also links to a reproducible coloring book and activity book for kids.

Advice from the American Academy of Pediatrics:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

Advice on how parents can protect their families against the coronavirus.

Books to explain the virus to children:

Written for children to help inform them about the COVID-19 pandemic, the following books should be read by a parent, caregiver or teacher alongside a child or a small group of children. Several books include websites to find more information.

The Story of Oyster and Butterfly: The Coronavirus and Me by Ana M. Gomez

English: https://drive.google.com/file/d/13-SrlaH9MIW_bYaYktRhrMG7y0IDGsx/view

Spanish: https://drive.google.com/file/d/1zny3HKLf5MrrM79eNVs2wS6nh425_ISs/view

This picture book for young children can help them cope with their feelings about the virus.

Piggy and Bunny and the Stay-at-Home Plan by Holly Sedgwick Belgum, MD

https://drive.google.com/file/d/1IFvoVFJQXi4yVE0cFOovt33_8wgfxwvF/view

Two best friends find a way to play together when they have to stay home. Prek-2.

My Hero is You: How Kids Can Fight COVID-19 by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (World Health Organization)

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

Sara and other children from around the world describe what they can do to keep themselves and others safe. Everyone can be a hero by following simple rules, such as social distancing and washing their hands. All ages.

Doctor Li and the Crown-Wearing Virus by Francesca Cavallo

<https://drive.google.com/file/d/1YOyr5DZeWOyR57IZemFZ1SyxfguKLyN/view>
or download for free at: <https://freebooks.undercats.media/corona>

This book is about the doctor in China who first realized that people were becoming sick. For ages 7 and up.

Coronavirus: A Book for Children by Elizabeth Jenner, Kate Wilson, and Nia Roberts. Illustrated by Axel Scheffler

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

This book explains how the virus is spread and why it is important to stay home. It also talks about feelings kids may have and how they can help at home. Ages 8 and up.

A Comic Book to explain safety measures to kids by NPR education reporter Cory Turner (also available in Chinese and Spanish)

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

For ages 8 and up.

I Have a Question about Coronavirus by Arlen Grad Gaines and Meredith Englander Polsky

https://28638781-c0c7-460f-81ae-fa6eba3486b9.filesusr.com/ugd/517d15_915f31f39df449a2837c11862a7ab39c.pdf

This is especially helpful to explain the coronavirus to children with special needs. Two versions of the same story, one simple and one with more detail, are presented in a Q & A format. Resources for parents and caregivers are included. All ages.

Videos to explain the virus to children:

There are many videos about the coronavirus online. Adults should preview them before deciding whether or not they are appropriate to show to their children.

Eurac Research:

<https://www.youtube.com/watch?v=MVvVTDhGqaA>

Narrated by a child, this simple cartoon explains why it is important to wash hands.

Time to Come In, Bear: A Children's Story About Social Distancing by Kim St. Lawrence, read by Ryan St. Lawrence (Kidshealth.org)

https://www.youtube.com/watch?v=DA_SsZFYw0w

This excellent picture book video explains to very young children how they can still have fun while staying home.

ROBERT explains the corona virus to children

<https://www.youtube.com/watch?v=5DIOGKpMNs4>

This movie uses PLAYMOBIL characters to tell kids what is happening, what we can do to ease the situation, and why it is important to avoid contact with other people.

Dr Panda and Toto:

<https://www.youtube.com/watch?v=PkUICIFE45M>

This optimistic cartoon from China explains a probable cause of Covid-19, it's affects, and how the body's immune system tries to fight off the evil virus family.

Germs Are Not for Sharing – book and coloring page written by Elizabeth Verdick and illustrated by Marieka Heinlen

https://www.youtube.com/watch?v=3GvoXw_zsc

Although it does not refer to the coronavirus, this classic book explains in simple terms how not to spread germs (but you may want to modify the end about blowing a kiss.)

<https://coloring-pages.info/germs-are-not-for-sharing-printable-coloring-pages-book-24637>

Ping-Pong Chain Reaction to explain the importance of social distancing by the Ohio Board of Health

https://www.youtube.com/watch?v=6qscwiad_J8

This 30 second video demonstrates why social distancing works to flatten the curve.

Songs about Washing Hands:

5 Hand Washing Songs Your Preschooler Will Love:

<http://www.halseyschools.com/5-hand-washing-songs-your-preschooler-will-love/>

Lyrics for songs sung to popular children's tunes are included.

How to wash your hands NHS song

<https://www.youtube.com/watch?v=S9VjelWLnEg>

This short video demonstrates the way to thoroughly wash hands.

Washing Your Hands: The Purple Paint Demonstration

https://www.youtube.com/watch?v=nEzJ_QKjT14

How to thoroughly wash all parts of your hands.

Local and State Resources:

Town of Stratford, CT website

<http://www.townofstratford.com/>

Check here for the latest news on the coronavirus as it pertains to our town.

Connecticut's Official State Website

<https://portal.ct.gov/coronavirus>

Current information about the coronavirus in Connecticut, including news briefings from Governor Ned Lamont and updated statistics.

Connecticut Office of Early Childhood

<https://www.ctoec.org/covid-19/>

Resources for families and providers of young children.

Coronavirus Crisis Resources in Connecticut from the Hartford Courant

<https://www.courant.com/news/connecticut/hc-news-coronavirus-resource-guide-connecticut-20200319-g4dtz4chjnafzl2wyr35diyce4-story.html>

Information on school breakfasts/lunches, soup kitchens, food pantries, Meals on Wheels, SNAP, and other meal resources. Also includes information on housing, tax, energy, business, and health assistance.

Child Health & Development Institute of Connecticut

<https://www.chdi.org/news/news-events/covid-19/>

Links to lots of resources, as well as how to donate or volunteer during this crisis.

United Way of Western Connecticut

<https://www.uwwesternct.org/covid19resources>

Many links to information about the virus, including what you can do to help.

211 Website

<https://uwc.211ct.org/covid19resources/>

Information, resources, and advice regarding legal, financial, healthcare, housing, and other basic needs.

Connecticut Covid-19 Testing Sites

<https://www.cbia.com/resources/coronavirus/coronavirus-workplace-health-safety/connecticut-covid-19-testing-locations/>

Links to hospitals and test sites throughout the state.

Disability Rights Connecticut

<https://www.disrightsct.org/covid19>

News about rights to medical treatment for people with physical, mental, and developmental challenges. Also includes laws for public benefits, fair housing, schools, unemployment, and national resources.

Connecticut Recreation and Parks Association

<http://crpa.com/resources/covid19>

News on how Covid-19 is impacting parks and recreational departments around the state.

Additional Resources:

CDC (Centers for Disease Control and Prevention) Resources

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

An up-to-date, complete guide to information regarding the virus. Lots of links to everything you need to know, available in several languages.

!Colorín Colorado! Resources

<https://www.colorincolorado.org/coronavirus>

This site includes links to information in English and in Spanish for adults and classroom use.



Stratford Library

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