

Our continuing effort to provide families and professional partners new health related information during the current public health COVID-19 coronavirus pandemic. We wish everyone all well and remind you that our offices are open remotely to serve you. <http://parenttoparentnys.org/offices/maps/>

COVID-19 Resources for Families- Updated 4/27

Information on Novel Coronavirus- NYS's official website for addressing the COVID-19 Coronavirus pandemic. This includes information on NY PAUSE and state policies that have been enacted.

<https://coronavirus.health.ny.gov/home>

COVID-19 testing in NY- Testing for the COVID-19 coronavirus has been expanded in NYS. This link provides an online assessment tool, information on drive through testing, updated protocols for frontline workers, and links to the results of the recent statewide antibodies test sampling.

<https://coronavirus.health.ny.gov/covid-19-testing>

"Is it safe to see the pediatrician for vaccinations and medical visits?" Guidance for parents on managing well visits, vaccinations, and deciding which situations require an in-person visit to the pediatrician.

<https://www.health.harvard.edu/blog/when-to-see-the-pediatrician-deciding-about-vaccines-and-medical-visits-right-now-2020033119384>

Cloth Face Coverings for Children during COVID 19- Frequently asked questions regarding children wearing face coverings.

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>

"Social Distancing: Why keeping Distance Keeps Others Safe"- Information for parents about the importance of socially distancing with discussion on the difference between "self-isolation" and "quarantine".

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Social-Distancing-Why-Keeping-Your-Distance-Helps-Keep-Others-Safe.aspx>

Coronavirus Disease 2019 (COVID-19)- Stress and Coping- Guidance from the CDC on how to cope with the stress people are experiencing due to COVID 19, including advice for parents. The resource is available in Spanish, Chinese, Vietnamese, and Korean by clicking "other languages" under the title.

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

COVID-19 24/7 Parenting - Infographics that provide guidance on parenting during the current public health crisis. They are available in 74 languages

<https://www.covid19parenting.com/>

Talking to kids about Coronavirus (COVID –19)- A list of considerations that can be used to guide parent/child discussions.

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf

Supporting Teens and Young Adults during the Coronavirus Crisis- Tips on parenting teenagers and young adults during this time and helping them through the many challenges they are facing with social distancing and high school and college closures.

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

Sesame Street- “A Moment to Yourself” A message from Elmo’s father Louie that we all need to hear.

https://www.youtube.com/watch?time_continue=73&v=aEmaWlxyhj8&feature=emb_title

Pandemic Unemployment Assistance- Information sheet about who qualifies for this type of assistance. This could be a valuable resource to families who are home with their children due to school closures but who do not qualify for other unemployment assistance.

<https://labor.ny.gov/ui/pdfs/pandemic-unemployment-assistance.pdf>

“The Good in COVID-19- is there a silver lining?”- A look at some of the changes that have taken place that can be seen as beneficial to society.

https://www.medpagetoday.com/infectiousdisease/covid19/86043?xid=nl_secondopinion_2020-04-28&eun=g1407000d0r

COVID-19 Emotional Support Hotline 1-844-863-9314 Free counseling to any NYer who needs it during this time.