

## Family Resources for Health and Wellness

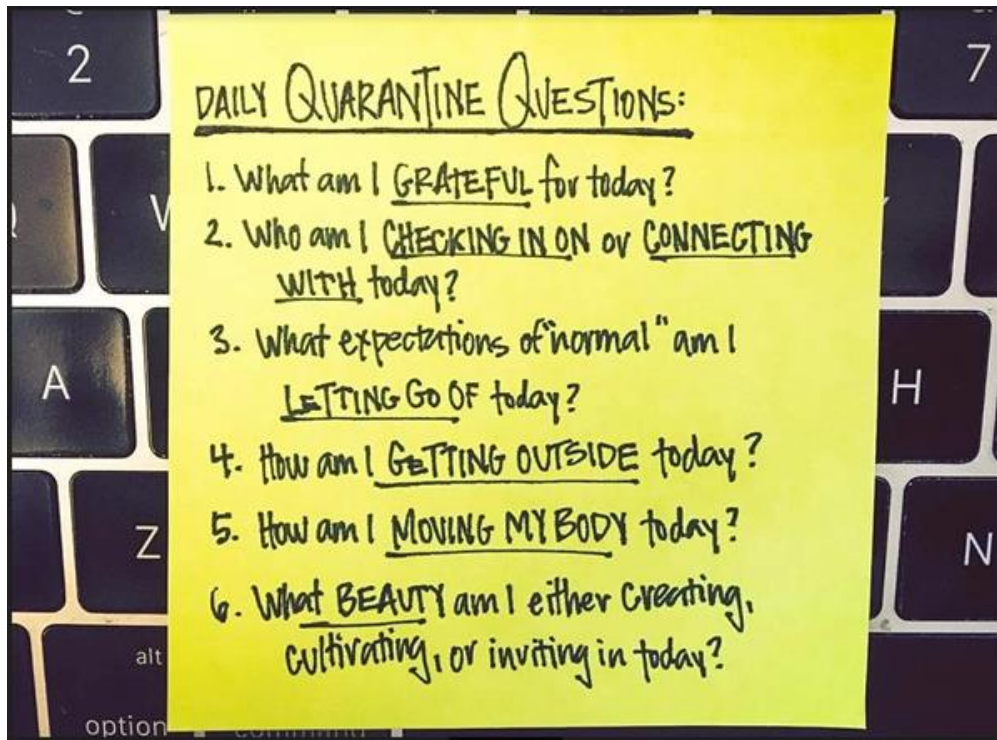
### Compiled by

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- **NYU Langone Children's Hospital: SCHOOL'S OUT - A PARENTS' GUIDE FOR MEETING THE CHALLENGE:** <https://mailchi.mp/nyumc/csc-parental-guide-covid-19-1049030?e=7744c1cb26%C2%A0%C2%A0>
- **DR. ROBERT BROOKS: RESILIENCY FOR FAMILIES:** <https://www.drrobertbrooks.com/resilience-in-the-face-of-covid-19/>
- **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](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)
- **How to Talk to Your Anxious Child or Teen About Coronavirus:** <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>
- **CDC MANAGING STRESS AND ANXIETY:** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **PROMOTING SOCIAL EMOTIONAL LEARNING IN CHILDREN:** <https://www.edutopia.org/SEL-parents-resources>
- **Basics for appropriate conversations with children regarding the Coronavirus:** <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
  - **Calm.com** has created a page of free resources for families to use to further connect and strengthen our mental health during this time. Within the link above you have access to audio and video on the following topics:
    - Soothing Meditations
    - Sleep Meditations
    - Sleep Stories
    - Calming Music
    - Movement/Yoga (Calm Body)
    - Creative Activities (Calm Masterclass)
    - Calming Activities for Kids (Calm Kids)
- **GoNoodle: Good Energy at Home:** Teachers trust GoNoodle to help their students stay active, focused, and calm while infusing good energy into their classrooms. Now, with so many kids home from school they are offering a free online resource. Go to: <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

### **FAMILY FAITH RESOURCES:**

- <https://thatresourcesite.com/thatresourcesite/>
- <http://www.catholicfamilyfaith.org/having-difficult-conversations.html>
- <https://www.loyolapress.com/our-catholic-faith/family/family-faith-and-fun>



**FAMILY EXERCISE FUN:**

<https://www.speedstacks.com/home/>

[https://www.shapeamerica.org/uploads/pdfs/2020/resources/activity-ideas-calendar\\_english.pdf](https://www.shapeamerica.org/uploads/pdfs/2020/resources/activity-ideas-calendar_english.pdf)

<https://kchealthykids.z2systems.com/np/clients/kchealthykids/giftstore.jsp>

**LUNCH DOODLES WITH MO WILLEMS:** <https://www.kennedy-center.org/education/mo-willems/>

**READ ALOUDS FOR YOUNG CHILDREN:** <https://nj.pbslearningmedia.org/resource/bt10.ela.early.readabooktoday/read-a-book-today/>