

Family Resources for 2020-2021

Tips for Self-Care	How to Best Help Children
<ul style="list-style-type: none"> • Take care of yourself, let go of what you cannot control, create a routine, and model self-care for your children. • Find ways to stay connected with others. Have virtual lunch dates with family and friends. • Set reasonable expectations for yourself and your children. 	<ul style="list-style-type: none"> • Children need routines to increase their psychological safety. • Give children HOPE by sharing stories of hope. • Focus on your children's strengths. • Model self-regulation, mindfulness, and gratitude. • Children may need extra reassurance, more explanations, and more comfort. • Keep information and conversations at age-appropriate levels. • Limit exposure to media and overwhelming details. • Set a good example for your children by managing your stress through healthy lifestyle choices, such as eating healthy, exercising regularly, getting plenty of sleep, and avoiding drugs and alcohol.

Resources to Help You and Your Children Cope Better	Community Resources for Families
<p>Helping Your Children Cope gives common reactions and ideas for how to help.</p> <p>Coping in Hard Times has ideas to help your family cope better.</p> <p>Strengthen your mental health by reading COVID-19 and Your Mental Health. (Spanish)</p> <p>Check out the Parent/Caregiver Guide to learn some reactions according to children's age group and the best ways to respond.</p> <p>Find 25 self-care tools to help you take care of yourself. And learn 50 self-care activities you can do with your children.</p> <p>This article gives strategies for students to learn during the pandemic.</p> <p>Here are some ideas to help your children cope with all the changes resulting from COVID-19.</p>	<p><i>Pinellas County Department of Health</i> offers different resources for individuals, families, and small businesses affected by COVID-19. Please click here to learn more.</p> <p>Many requirements to apply for the Supplemental Nutrition Assistance Program (SNAP) have been waived to help more people get immediate help paying for essentials – no in-person interviews are required. See details here.</p>

