# Family Resources for 2020-2021

## Tips for Self-Care

- 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.

## How to Best Help Children

- 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

- **Helping Your Children Cope** gives common reactions and ideas for how to help.
- **Coping in Hard Times** has ideas to help your family cope better.

Strengthen your mental health by reading [COVID-19 and Your Mental Health](#) (**Spanish**)

Check out the [Parent/Caregiver Guide](#) to learn some reactions according to children’s age group and the best ways to respond.

Find [25 self-care tools](#) to help you take care of yourself. And learn [50 self-care activities you can do with your children](#).

This [article](#) gives strategies for students to learn during the pandemic.

Here are some [ideas](#) to help your children cope with all the changes resulting from COVID-19.

## Community Resources for Families

- **Pinellas County Department of Health** offers different resources for individuals, families, and small businesses affected by COVID-19. Please click [here](#) to learn more.

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](#).