



Rhode Island Department of Human Services

Resources for Families

Update 6/1/2020

The RI Department of Human Services (DHS) recognizes the difficulties associated with these unprecedented times. DHS hopes these resources will support families with talking to their children about COVID-19. More information about the current state of RI is available at www.ReOpeningRI.com.

What Is Physical Distancing? From Cincinnati Children's Hospital

<https://www.youtube.com/watch?v=KXUT62G-IcU>

This resource is a brief, 1-minute video talking about physical distancing (also referred to as social distancing) and why we have to do it. This video is appropriate for audiences of 3+.

Coronavirus (COVID-19): Physical Distancing with Children

<https://kidshealth.org/en/parents/coronavirus-social-distancing.html>

This article talks about physical distancing (also referred to as social distancing) with children and what we should do. There is also a brief video at the end of the article regarding how we can help stop the spread of COVID-19.

2019 Novel Coronavirus (COVID-19)

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

This resource talks about COVID-19 including the symptoms, who is at risk, how it affects children, and how you can protect your family. The article also provides information on caring for ill children and coping with school closings.

Teens & COVID-19: Challenges and Opportunities During the Outbreak

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

This article provides recommendations for talking with teens about COVID-19 and the many changes and requirements associated with the virus

Helping Children Cope

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

The CDC released guidance on how to help children cope with the changes associated with COVID-19.

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

The National Child Traumatic Stress Network released a factsheet about COVID-19 for families and caregivers.

Checklist for Parents

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/schools-checklist-parents.pdf>

The CDC released a "readiness" checklist to help families prepare for the implications of coronavirus.