

# Covid-19 and Your Child's Mental Health

*Presented by First Parish in Lincoln and the Lincoln PTO*

As a follow-up to our January 19<sup>th</sup> webinar, here are some resources you may find informative and helpful. Again, *if you have concerns about your child's mental health, please reach-out to your child's primary care physician, the social workers affiliated with your child's school, or, if you're a Lincoln resident or METCO family, the town social worker (though located at the Council on Aging, the town social worker is here for all of us – out-of-towners, check your local resources).*

## Reminders from the webinar panelists:

- Kids are resilient and adaptable! Nobody wants their child to have to experience worry, stress, or loss, but those are also opportunities for growth.
- Your kids may not look as if they are listening to you, but you can be sure they are paying attention to the model that you provide for them. The flexibility and resourcefulness that you as a parent bring to this is important.
- To some extent, we all have to abandon what a “normal” life “should” look like for our kids. But development is a powerful force, and as long as your child is growing (taking risks, developing new capabilities in whatever form, etc.) you can be reassured.

## Tips and tricks for improving mental health... don't forget to start with your own mental health!

Making sure you are coming from a good place is important. Modeling positive activities and choices is critical.

- [The Five Ways to Wellbeing - boosting mental wellbeing - YouTube](#)
- [How you can help with your child's mental health - YouTube](#)

## Books for Kids

- “The Breaking News” by Sarah Lynne Reul - When bad news shadows their daily lives, two children try to find one small thing to help. <https://www.youtube.com/watch?v=BYLUhwSOKeo>
- “Unstuck: 10 things to do to stay safe and sane during the pandemic” by Bonnie Zucker <https://www.youtube.com/watch?v=UHUxE8f4J5Q>
- Book List: [https://news.emory.edu/stories/2020/05/er\\_covid\\_19\\_book\\_winners/campus.html](https://news.emory.edu/stories/2020/05/er_covid_19_book_winners/campus.html)

## Books for Adults

- Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety. By Donna B. Pincus, Ph.D. Publisher: Little, Brown Spark
- Freeing Your Child from Anxiety. By Tamar Chansky, Ph.D. Publisher: Harmony

## Online Articles

- <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>
- <https://www.health.state.mn.us/communities/mentalhealth/children>
- <https://www.mcleanhospital.org/essential/dear-parents-you-arent-perfect-thats-just-fine>

## Online Podcasts/Videos

- A PSA from Uganda: great reminders for parents on things you can do to help your child. <https://www.youtube.com/watch?v=vypqEF4TON8>
- From Children's National: a series on Pandemic Parenting. If you like this video, there are additional topics on the left side menu. <https://childrensnational.org/news-and-events/video-gallery/pandemic-parenting-covid-19-your-childs-mental-health>

**If you have concerns about your child's mental health, please contact your child's primary care physician.** The January 19<sup>th</sup> webinar and this resource page are not substitutes for nor should they be considered a treatment plan over the consultation and advice of the doctor(s) serving you and your family.

Here is a link to the **Lincoln (MA) Public Schools' school counselors and social workers** website: <https://sites.google.com/lincnet.org/lincoln-self-care-corner/home?authuser=0>

... and to their page of **mental health resources**: <https://sites.google.com/lincnet.org/lincoln-self-care-corner/for-caregivers>

Here is a link to the **First Parish in Lincoln** website: <https://www.fplincn.org/>

...and to their **resources for families**: <https://www.fplincn.org/children-youth-and-families/>

Here is a resource which will **help in finding a mental health clinician**. William James College has done much of the work for you... information about those accepting new patients and accepted insurance coverage is included! <https://interface.williamjames.edu/>

**You've got this! We can help.**

Please share this information. If you know someone who might benefit from any of these resources, please send them links to the school or church websites where this page will be listed; or, if you prefer, share this email with them and they will receive a copy of this sheet.

Best wishes for your and your child's continued mental HEALTH!

