

## Resource List – talking to kids, helping healthcare workers, managing stress & more

How to Talk to Kids About Coronavirus – Metro Pediatrics

<https://www.metropediatrics.com/how-to-talk-to-kids-about-coronavirus/>

Meditations and more for managing stress:

[https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_nonsubs\\_031720itation](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720itation)

Portland Area Healthcare Workers COVID-19 Support Network

<https://docs.google.com/forms/d/e/1FAIpQLSeYiAfer31t32brR2sVybsoiSDCNIRM5s6CENwLUdZrNEliLQ/viewform>

Here's three more good links:

Pope Francis prayer: <https://www.americamagazine.org/faith/2020/03/11/read-pope-francis-prayer-mary-coronavirus-pandemic>

CDC Talking with Children: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

*America* article from Fr. James Martin,

SJ: <https://www.americamagazine.org/faith/2020/03/13/faith-time-coronavirus>