

COVID-19 Resources for Children and Families

Families can take steps to help protect your health and your loved ones during a COVID-19 outbreak. Please see below for a list of resources from <http://nh.childcareaware.org/covid-19-resources-for-children-and-families/>:

- [Novel Coronavirus 2019 \(COVID-19\) \(NH DHHS\)](#)
- [2-1-1 COVID-19 Hotline](#)
- [Coronavirus Disease 2019 \(COVID-19\) \(CDC\)](#)

Child Care Aware of NH Referral Packet and Brochure:

- [Referral Packet](#)
- [Program Brochure](#)

Resources for Parents/Families:

- [NH DHHS COVID-19](#)
- [CDC Resources for your home](#)
- [A guide for parents to keeping children both safe and reassured](#)
- [PBS How to Talk to Your Kids About Coronavirus](#)
- [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource from the National Association of School Psychologist \(NASP\)](#)
- [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children from the Center for Disease Control and Prevention \(CDC\)](#)
- [Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care](#)
- [Tips for Families: Coronavirus](#)
- [Commodity Supplemental Food Program](#): For those of 60 help get your family food. Statewide Program

Resources for Children:

- [A comic strip exploring the coronavirus](#)
- [An online interactive game that children can play to learn more about how germs spread and how to wash your hands](#)
- [Learning Resources for Children from ProSolutions](#)