



THE HEALING LIBRARY
Children's Books · Conversation · Community · Caring

Family Materials Coping with Coronavirus & Covid-19

The Stratford Library put together these online resources to help families and caregivers answer their children's questions about the coronavirus and Covid-19. This resource list will grow as new information becomes available. We hope these materials will be of help to you. Please stay safe. We look forward to seeing you all at the library when this situation has passed!

Updated May 28, 2020

How to Talk to Your Child about Coronavirus and Covid-19

<https://together.stjude.org/en-us/care-support/talking-about-coronavirus-covid-19.html>

This excellent article from St. Jude Hospital contains discussion topics, advice, and resources to help parents and caregivers answer children's questions about the virus. There are also links to a reproducible coloring book and activity book for kids.

Advice from the American Academy of Pediatrics:

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

Advice on how parents can protect their families against the coronavirus.

Books to explain the virus to children:

The New York City School Library System has compiled a list of online books in several languages that is constantly being updated. Written for children to help inform them about various aspects of the COVID-19 pandemic, these books should be read by a parent, caregiver or teacher alongside a child or a small group of children. Several books include websites to find more information. Many thanks to Patricia Sarles for compiling this list and sharing it with other libraries.

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Click here to access all the books:

<https://nycdoe.libguides.com/COVID-19ebooks/free>

A coloring book you can print featuring Bad Kitty that tells kids why it is important to wash your hands:

https://www.badkittybooks.com/books/bad-kitty-wash-your-paws/?utm_source=exacttarget&utm_medium=emailed&utm_term=na-mcbstandalone&utm_content=na-buy-buynow&utm_campaign=mcbstandalone&e=a28a5654eef304b34071cd2d708e1cb4c64ebf4ef06da780d9f6ddd997495240

Keeping the City Going

<https://www.youtube.com/watch?v=QjhlCRSKO2g&feature=youtu.be>

A lovely tribute to all the essential workers who are keeping the city going during the current pandemic.

Videos to explain the coronavirus to children:

There are many videos about the coronavirus online. Adults should preview them before deciding whether or not they are appropriate to show to their children.

Eurac Research:

<https://www.youtube.com/watch?v=MVvVTDhGqaA>

Narrated by a child, this simple cartoon explains why it is important to wash hands.

Time to Come In, Bear: A Children's Story About Social Distancing by Kim St. Lawrence, read by Ryan St. Lawrence (Kidshealth.org)

https://www.youtube.com/watch?v=DA_SsZFYw0w

This excellent picture book video explains to very young children how they can still have fun while staying home.

ROBERT explains the corona virus to children

<https://www.youtube.com/watch?v=5DIOGKpMNs4>

This movie uses PLAYMOBIL characters to tell kids what is happening, what we can do to ease the situation, and why it is important to avoid contact with other people.

Dr Panda and Toto:

<https://www.youtube.com/watch?v=PkUICIFE45M>

This optimistic cartoon from China explains a probable cause of Covid-19, it's affects, and how the body's immune system tries to fight off the evil virus family.

Germs Are Not for Sharing – book and coloring page

https://www.youtube.com/watch?v=3GvoXw_zsc

Although it does not refer to the coronavirus, this classic book explains in simple terms how not to spread germs (but you may want to modify the end about blowing a kiss.)

<https://coloring-pages.info/germs-are-not-for-sharing-printable-coloring-pages-book-24637>

Ping-Pong Chain Reaction to explain the importance of social distancing by the Ohio Board of Health

https://www.youtube.com/watch?v=6qscwiad_J8

This 30 second video demonstrates why social distancing works to flatten the curve.

Highlights from CNN and Sesame Street's coronavirus town hall

<https://www.cnn.com/2020/04/25/us/cnn-sesame-street-town-hall-coronavirus-trnd/index.html>

In April, CNN partnered with Sesame Street for a series of discussion to give kids the opportunity to learn more about the coronavirus and ask questions. This is a link to several videos featuring Elmo, Big Bird, and other Sesame Street characters that kids can watch to help alleviate some of their fears about the pandemic.

Songs about Washing Hands:

5 Hand Washing Songs Your Preschooler Will Love:

<http://www.halseyschools.com/5-hand-washing-songs-your-preschooler-will-love/>

Lyrics for songs sung to popular children's tunes are included.

How to wash your hands NHS song

<https://www.youtube.com/watch?v=S9VjelWLnEg>

This short video demonstrates the way to thoroughly wash hands.

Washing Your Hands: The Purple Paint Demonstration

https://www.youtube.com/watch?v=nEzJ_QKjT14

How to thoroughly wash all parts of your hands.

Local and State Resources:

Town of Stratford, CT website

<http://www.townofstratford.com/>

Check here for the latest news on the coronavirus as it pertains to our town.

COVID Resources Courtesy of the Town of Stratford, Community Services

<https://drive.google.com/file/d/1h5hLk-dM2bslej4IaAYxzFhajOjEksRU/view?usp=sharing>

This list of resources includes information on coping with digital learning and screen fatigue.

Connecticut's Official State Website

<https://portal.ct.gov/coronavirus>

Current information about the coronavirus in Connecticut, including news briefings from Governor Ned Lamont and updated statistics.

Connecticut Office of Early Childhood

<https://www.ctoec.org/covid-19/>

Resources for families and providers of young children.

Coronavirus Crisis Resources in Connecticut from the Hartford Courant

<https://www.courant.com/news/connecticut/hc-news-coronavirus-resource-guide-connecticut-20200319-q4dtz4chjnafzl2wyr35diyce4-story.html>

Information on school breakfasts/lunches, soup kitchens, food pantries, Meals on Wheels, SNAP, and other meal resources. Also includes information on housing, tax, energy, business, and health assistance.

Child Health & Development Institute of Connecticut

<https://www.chdi.org/news/news-events/covid-19/>

Links to lots of resources, as well as how to donate or volunteer during this crisis.

United Way of Western Connecticut

<https://www.uwwesternct.org/covid19resources>

Many links to information about the virus, including what you can do to help.

211 Website

<https://uwc.211ct.org/covid19resources/>

Information, resources, and advice regarding legal, financial, healthcare, housing, and other basic needs.

Connecticut Covid-19 Testing Sites

<https://www.cbia.com/resources/coronavirus/coronavirus-workplace-health-safety/connecticut-covid-19-testing-locations/>

Links to hospitals and test sites throughout the state.

Disability Rights Connecticut

<https://www.disrightsct.org/covid19>

News about rights to medical treatment for people with physical, mental, and developmental challenges. Also includes laws for public benefits, fair housing, schools, unemployment, and national resources.

American Association of Health and Disability

<https://www.aahd.us/covid-19/>

These resources include factsheets and articles on state health policies and advocacy.

Connecticut Recreation and Parks Association

<http://crpa.com/resources/covid19>

News on how Covid-19 is impacting state parks and recreational departments.

Additional Resources:

CDC (Centers for Disease Control and Prevention) Resources

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

An up-to-date, complete guide to information regarding the virus. Lots of links to everything you need to know, available in several languages.

!Colorín Colorado! Resources

<https://www.colorincolorado.org/coronavirus>

This site includes links to information in English and in Spanish.



Stratford Library

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Check our website (stratfordlibrary.org) frequently to see what we are doing to keep you informed and entertained!

We offer:

- Downloadable ebooks, audiobooks, and movies that you can access for free with your Stratford library card.
- Online programs for children, teens, and adults that are open to everyone with advance registration.

For information about obtaining a library card, call the Circulation Department at 203-385-4160.

Our Reference librarians are available Monday - Saturday from 10 am - 5 pm to answer your questions at 203-385-4164.

We are proud to be offering a full schedule of online programs this summer for children, teens, and adults.

Click below to access our Summer Programming Catalog with a complete list of events!

http://stratfordlibrary.org/wp-content/uploads/2020/04/Stratford_Library_2020_Summer_Programming_Catalog.pdf