



A Military Child Education Coalition® Initiative

## MCEC COVID-19 Resources for PARENTS Coronavirus-Related Help and Resources

### Counseling, Help or Guidance

[Counseling for Youth](#) Children and teenagers who feel isolated from friends and activities may experience a particularly hard time. Military OneSource offers non-medical counseling for youth by video.

[Creating Strong Families](#) This webinar addresses qualities that make our families strong and examine daily habits that build permanent connections and enduring relationships with children as well as share suggestions for nurturing and strengthening relationships in the family.

[Developing Positive Coping Strategies](#) This webinar helps parents identify challenges and children's needs. It focuses on discussing five positive coping strategies that enable children to thrive despite changes and challenges.

[Donate to Support Communities](#) United Way Worldwide has established the COVID-19 Community Response and Recovery Fund to support communities affected by the coronavirus. Donations from the fund will help the most vulnerable populations receive critical financial and social service support during this global crisis.

[Facing Challenges Together: Raising Secure Children in an Uncertain World](#) Join Dr. Paula Rauch, Associate Professor of Psychology at Harvard Medical School, Director, Marjorie E. Korff Parenting At A Challenging Time (PACT) Program and Member, MCEC Science Advisory Board Executive Committee as she shares tools parents can use to be an informed and steady guide to their children through challenging times.

[Financial Counseling](#) Military OneSource has financial counselors to talk with you.

[Financial Help](#) Military Times article sharing how military relief societies can help.

[Fostering Resilience in Military Children](#) This webinar helps parents understand resilience and its importance in fostering resilience in children. It is based on Dr. Ginsburg's 7 C's of Resilience, discussing each component and sharing tips on incorporating each component in everyday life.

For More Information: [ParenttoParent@MilitaryChild.org](mailto:ParenttoParent@MilitaryChild.org)



[Helping Military Children Navigate Change](#) In this webinar we look at the impact change can have on military children and some strategies and resources to help navigate these changes. Along with change, can come stress. We discuss stress and provide strategies to help overcome stress in children.

[Military Family Life Counselors \(MFLC\)](#) MFLC offers confidential, non-medical help.

[Military OneSource](#) Military OneSource has a wealth of information for Military Families, including online learning resources while schools are closed. It also offers counseling help: 800-342-9647 or live chat 24/7. Check out Military OneSource on Facebook.

[Resiliency Training for Military Families](#) FOCUS (Families OverComing Under Stress) provides free resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life.

[School Liaison Officers](#) can help with school-related questions, transitions, and exceptional needs.

[Sesame Street for Military Families](#) offers a wealth of resources, activities, videos and information for Military Families. Also check out [Sesame Street](#) for COVID-19 resources.

[Strengthening Family Connections](#) The Center for Parent and Teen Communication includes thoughts from other young people as well as tips from experts. Teens find easy strategies for communicating more effectively with parents and ideas for managing stress and staying healthy. Parents find information on growth & development, communication, building character and more.

[Stress Management](#) Fostering Resilience helps children and teens thrive through both good and challenging times. Teens can explore a personal guide for managing stress.

[Talking with Kids about the Coronavirus](#) [How to Talk to Your Child](#) [Talking to Kids about the Coronavirus](#) [Helping Children Cope with the Coronavirus](#) If you are a parent or caregiver and feeling unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain, follow these links. Some of the articles are also available in Spanish.

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[Questions Kids May Ask about the Coronavirus](#) It can be tough for parents to have the right answers to questions about an illness like COVID-19. In this video, a curious 9-year-old asks experts common kid questions about the virus. They cover topics from traveling to taking care of family and playing with friends.

[Turning Stress into Strength](#) This webinar discusses the characteristics of positive and negative stress and highlights some tips on how to reduce stress and formulate a stress management plan for children.

### **Facts and Information**

[CDC Travel Restrictions](#) Travel Health Notices inform travelers about the current status.

[Coronavirus Information By and For People with Disabilities](#) Explaining Coronavirus for those with disabilities.

[Coronavirus Literature and Resources](#) Contains information on where to find library and literature resources regarding COVID-19.

[Coronavirus Resources for Families and Communities](#) This page contains fact sheets and other resources to support the health and wellbeing of families and communities impacted by COVID-19.

[DoD Information](#) Department of Defense latest information. The DoD will issue follow-on guidance on this directive prior to implementation.

[MIC3](#) The Military Interstate Children's Compact Commission (MIC3) deals with the challenges of military children and their frequent relocations and allows for uniform treatment as military children transfer between school districts. It also posts current COVID-19 updates.

[School Closures](#) Interactive map that tracks school district closures from Education Week. Updated at least once daily.