



Resource List

Tips for children:

- Focus on meeting basic needs until feeling more stable.
- Routine is paramount and a schedule can be helpful.
- Focus on safety and attachment in your family.
- Get out daily to the extent that you can.
- Move each day.
- Expect and plan for behavioral issues in children. Focus on stability and emotional connection to help this.
- Focus on the helpers!
- Spend extra time playing!!!

Tips for adults:

- Limit social media exposure to COVID-19 related information; only seek out factual information.
- Connect with your support system and reach out for help.
- Practice self care through mindfulness and grounding exercises.
- Find a retreat space for yourself.
- Give everyone the benefit of the doubt-believe everyone is doing their best to make it through this.
- Make realistic expectations and practice radical self-acceptance.
- Find something within your control and turn your focus towards that.
- Find ways to help others.
- Ask yourself - what am I learning through this experience?
- Remind yourself that this is temporary.

Online/print resources:

The Story of the Oyster and the Butterfly: The Corona Virus and Me

- Created by Anna Gomez, psychotherapist
- <https://www.stewartmemorial.org/wp-content/uploads/2020/03/Book-Oyster-Butterfly-1.pdf>
- YouTube: <https://www.youtube.com/watch?v=IBHba-EBoM8>

My 2020 Covid-19 Time Capsule

- Created by Long Creations
- https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDgf_uZ8a2tIZ-/view

Co-parenting during Covid-19

- Provided by the Association of Family and Conciliation Courts
- <https://www.afccnet.org/Coronavirus>

Domestic Violence Resources

- Sauk Valley YWCA
- <https://www.ywsauk.org/>
- 24-hour hotline: 815.626.7277 or 815.288.1011

Online Resources for Families

- Provided by University of Maryland
- https://sph.umd.edu/sites/default/files/images/fmsc/UMDSPH_FMSC%20Resources%20for%20Children_COVID19.pdf

Healthy Family Resources

- Provided by University of Illinois Extension
- go.illinois.edu/healthyfamilies

University of Illinois Extension Covid-19 Resources

- go.illinois.edu/ExtensionCOVID19resources

A collaborative community effort provided by:

