

Books for young children

Do Not Lick This Book *It's Full of Germs*

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When Sadness is at Your Door

The Invisible String

Sick Simon

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Ruby Finds a Worry

I Am Peace: A Book of Mindfulness.

Germs are Not for Sharing

Books for older children

U ' U '7 " M '8 " *Understanding and Expressing Themselves*

[Continued]

Books for older children

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Superhero in Times of Stress.

Master of Mindfulness: How to be

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Calm: Mindfulness for Kids.

[My Hero is You: How Kids Can Fight COVID-19!](#)

Multiple translations available including Chinese, Spanish, Tagalog and Vietnamese

[Coronavirus: A Book for Children](#)

[A Kids Book About COVID-19.](#)

Available in Spanish and as a printable coloring book

[Staying Home](#)

[Rosie Practices Social Distancing](#)

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Books for Parents/Caregivers

Parenting Through the Storm: How to Handle the Highs, the Lows, and Everything in Between.

Carry On, Warrior: The Power of Embracing Your Messy, Beautiful Life.

The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life

[Continued]

Ready or Not: Preparing Our Kids to Thrive in An Uncertain and Rapidly Changing World.

*How to Stop Losing Your Sh*t with Your Kids: A Practical Guide to Becoming a Calmer, Happier Parent.*

The Coronavirus Manual for Parents: A Guide to Behavior, Fear, Claustrophobia, and Hope at Home.

Screamfree Parenting, 10th Anniversary Revised Edition: How to Raise Amazing Adults by Learning to Pause More and React Less.

A Parent's Guide to Raising Grieving Children: Rebuilding Your Family after the Death of a Loved One.

Articles

UNICEF

PBS

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Healthychildren.org

Available in Spanish.

Child Mind Institute
Available in Spanish

[Smiling Mind](#)

[Three Good Things: A Happiness Journal](#)





