

#LookToLibraries

COVID-19 SUPPORT

Look to a children's library professional for...

resources for parents and caregivers

Books for Parents/Caregivers

Douglas, Ann. *Parenting Through the Storm: How to Handle the Highs, the Lows, and Everything in Between*. Collins, 2015. 9781443425698

Doyle, Glennon. *Carry On, Warrior: The Power of Embracing Your Messy, Beautiful Life*. Scribner, 2014. 9781451698220

Kamenetz, Anya. *The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life*. Public Affairs, 2018. 9781610396721

Levine, Madeline. *Ready or Not: Preparing Our Kids to Thrive in An Uncertain and Rapidly Changing World*. Harper, 2020. 9780062657756

Naumburg, Carla. *How to Stop Losing Your Sh*t with Your Kids: A Practical Guide to Becoming a Calmer, Happier Parent*. Workman, 2019. 9781523505425

Phelan, Thomas. *The Coronavirus Manual for Parents: A Guide to Behavior, Fear, Claustrophobia, and Hope— at Home*. Sourcebooks. 2020. 9781728233222

Runkle, Harold. *Screamfree Parenting, 10th Anniversary Revised Edition: How to Raise Amazing Adults by Learning to Pause More and React Less*. Broadway, 2008, 2018. 9780767927437

Silverman, Phyllis R. and Madelyn Kelly. *A Parent's Guide to Raising Grieving Children: Rebuilding Your Family after the Death of a Loved One*. Oxford University Press, 2009. 9780195328844

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Articles

“Coronavirus (COVID-19) Guide for Parents: What You Need to Know to Keep Your Loved Ones Safe” *UNICEF*, 2020. <https://www.unicef.org/parenting/coronavirus-covid-19-guide-parents>

Kris, Deborah Farmer. “How to Talk to Your Kids About Coronavirus.” *PBS*, March 6, 2020, <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus> Available in Spanish.

“Parenting in a Pandemic: Tips to Keep the Calm at Home.” *Healthychildren.org* American Academy of Pediatrics, May 20, 2020, https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx Available in Spanish.

Robb, Michael. “Screen Time in the Age of the Coronavirus.” *Common Sense Media*, April 7, 2020, <https://www.commonsensemedia.org/blog/screen-time-in-the-age-of-the-coronavirus> Available in Spanish.

Sableski, Mary Kate & Jackie Arnold. “Children’s Books for Uncertain Times.” *Children’s Literature Blog*, May 28, 2020, <https://www.childrensliteratureassembly.org/blog/childrens-books-for-uncertain-times>

Sege, Robert. “Tips for Coping with a New Baby During COVID-19.” *Healthychildren.org* American Academy of Pediatrics, March 26, 2020. <https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx> Available in Spanish.

“Supporting Families During Covid-19.” *Child Mind Institute*, 2020, <https://childmind.org/coping-during-covid-19-resources-for-parents/#coping> Available in Spanish

“Talking with Children about Coronavirus Disease: Messages for Parents, School Staff, and Others Working with Children.” *Centers for Disease Control and Prevention*, May 20, 2020, <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html> Available in Spanish, Chinese, Vietnamese and Korean.

Resources on this list were compiled by members of ALSC’s Quicklists Consulting Committee.

