

COVID-19 RESOURCES

Parenting During COVID-19

[Age-appropriate responses to common questions about Coronavirus](#)

Tips for families from Zero to Three. Self-care, at-home play, talking about Coronavirus with toddlers, and more.

[Flexibility for Families Working From Home](#)

SEARCH Institute provides a fresh perspective on our daily work lives from home.

[Talking to Children about COVID-19: A Parent Resource – English](#)

Factual, age-appropriate information when talking to children about Coronavirus. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

[Talking to Children about COVID-19: A Parent Resource – Spanish](#)

Factual, age appropriate information when talking to children about Coronavirus. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

[Caring for Preschoolers at Home](#)

Expert guidance on maintaining structure, routine, and health habits for preschool-aged children learning and growing at home.

[Parenting During Coronavirus](#)

A practical guide to play dates, online learning, and more.

[Helping Autistic Kids Cope with the Chaos and Uncertainty of Coronavirus](#)

Expert advise from the Duke Center for Autism and Brain Development at the Duke University School of Medicine.

[Cooking Matters](#)

Helps address childhood hunger by inspiring families to make healthy, affordable food choices. The site includes healthy recipes for families on a limited budget.

[USDA Choose My Plate](#)

Builds healthy eating habits one recipe at a time. Browse healthy recipes, watch videos that show how to make delicious dishes, and so much more!

[Diabetes Food Hub](#)

From nutrition experts at the American Diabetes Association, this site is the premier food and cooking destination for people living with diabetes and their families. Get recipes delivered right to your inbox.

