

CARETAKING, CONNECTION AND COPING DURING THE CORONAVIRUS

[@parentselfcare](#) + [@mamapsychologists](#)

CHILDREN'S BOOKS

- *In My Heart: A Book of Feelings* by Jo Witek and Christine Roussey (feelings identification)
- *Grumpy Monkey* by Suzanne Lang (coping with uncomfortable emotions)
- *Personal Space Camp* by Julia Cook (can be applied to social distancing)
- *Listening with My Heart* by Gabi Garcia (self-compassion and kindness)
- *ABC Mindful Me: ABCs for a Happy, Healthy Mind + Body* by Christiane Engel (mindfulness)
- *Breathe Like a Bear* by Kira Willey (mindfulness)

SELF-CARE FOR PARENTS

- [SCAN of Northern Virginia](#). They feature a 1-minute video about the importance of self-care for parents. [SCAN Self-Care Fact Sheet](#).
- [Self-Care and Lifestyle Balance Inventory](#) assessment.
- Downloadable Self-Care plan from Parent Self-Care.
- [100 At-Home Self-Care Ideas](#) for parenting during a pandemic from Parent Self-Care.
- Learn more about the nine categories of the [Wellness Wheel](#) from Parent Self-Care.

BOOKS FOR PARENTS

- *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Daniel Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *Siblings without Rivalry: How to Help Your Children Live Together So You Can Too* by Adele Faber and Elaine Mazlish
- *How to Talk So Kids Will Listen...And Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish (they have books for young children and teens as well)
- *The 5 Love Languages of Children* by Gary Chapman and Ross Campbell, M.D. ([Kids Quiz](#) and [Teen Quiz](#))
- *Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers* by Karen Kleiman and Molly McIntyre



CARETAKING, CONNECTION AND COPING DURING THE CORONAVIRUS

[@parentselfcare](#) + [@mamapsychologists](#)

ARTICLES

- [20 Ways to Teach Children to be Grateful](#) by Big Life Journal
- [5 Essential Steps to Help Children Cope with Stress](#) by Big Life Journal
- [7 Ways to Help Kids Cope with Big Life Changes](#) by Big Life Journal
- [How to Connect with Your Child Using Love Languages](#) by Big Life Journal
- [Stay-At-Home Free Printable Care Package](#) (kids + teens) by Big Life Journal. Includes games, activities, movie/podcast/book lists, resilience building activities, family ritual ideas, and more.

WEBSITES

- [Cosmic Kids Yoga](#) makes yoga and mindfulness fun for kids and families.
- [Kids in the House](#) provides parenting tips from a variety of parenting approaches.
- [Anxiety Canada](#) provides self-help information about anxiety for people of all ages.
- [Psychology Today](#) features mental health articles and helps connect people to local mental health providers.

PODCASTS

- [Unruffled](#). A podcast about respectful parenting by RIE expert Janet Landsbury (ages 0-6).
- [The Messy Mama Podcast](#). This podcast features stories and guests about the beautiful and messy nature of parenting.
- [Your Parenting Mojo](#). This podcast explores the research behind childhood development, learning approaches, and other parenting topics. Research based, but far from boring!
- [The Longest Shortest Time](#). This podcast explores stories about the wild ride of raising humans.
- [WorkLife with Adam Grant](#). Dr. Grant is an organizational psychologist and author. He shares unusual stories of innovative companies that are finding ways to make work more engaging and meaningful.

