



Survive and Thrive

Children and COVID-19 strategies to support education and development

Frequently Asked Questions regarding public school education in Virginia during the COVID-19 crisis, updated regularly. This site will be the best second stop, after your child's school's home page for up-to-date information on the impact of the crisis on public education.

http://www.doe.virginia.gov/support/health_medical/office/covid-19-faq.shtml

Numerous training resources for parents of children with ASD and other disabilities across all ages. The VCU Autism Center for Excellence has an extensive array of online resources for parents to learn about and help their children with ASD. There is also a specific page dedicated to COVID-19 resources to help parents and children with ASD cope with the current crisis.

<https://vcuautismcenter.org/>

Balanced article for parents addressing the need to work and learn from home during COVID-19 from the American Academy of Pediatrics. This article provides parents with balanced expectations and tips for meeting the whole family's needs during this crisis.

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>

Blogs

<https://www.chrichmond.org/blog/teens-in-quarantine-helping-teenagers-through-missed-moments-amidst-covid-19>

<https://www.luriechildrens.org/en/blog/covid-19-guidance-for-parents-with-children-or-teens-with-immunocompromised-or-other-high-risk-chronic-conditions/>

<https://www.health.harvard.edu/blog/keeping-teens-home-and-away-from-friends-during-covid-19-2020041419533>

Websites

<https://www.adolescenthealth.org/COVID-19/COVID-19-Resources-for-Parents-and-Teens.aspx>

Yourteenmag.com (free digital magazine special – “Parenting in a Pandemic”)

Girlology.com

Healthychildren.org

<https://www.aacap.org>

Related Electronic Articles

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

<https://www.nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html>

Books

World Health Organization's book for children to understand COVID19 <https://www.who.int/news-room/detail/09-04-2020-children-s-story-book-released-to-help-children-and-young-people-cope-with-covid-19>

Building Resilience in Children and Teens: Giving Kids Roots and Wings- Ginsberg, K. (2011), American Academy of Pediatrics

Young People and Chronic Illness – Huegel, K (1998) Minneapolis: Free Spirit Publishing

Taking Charge: Teenagers Talk about life and physical Disabilities - Kriegsman, K.H. (1992). USA: Woodbine House