

#LookToLibraries

COVID-19 SUPPORT

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

Resources for children and caregivers

Books for young children

Ben-Barak, Idan. *Do Not Lick This Book* *It's Full of Germs*. Illus. by Julian Frost. Roaring Brook Press, 2018. 9781250175366

Black, Michael Ian. *I'm Worried*. Illus. by Debbie Ridpath Ohi. Simon & Schuster, 2019. 9781534415867

Eland, Eva. *When Sadness is at Your Door*. Random House, 2019. 9780525707189

Karst, Patrice. *The Invisible String*. Illus. by Joanne Lew-Vriethoff. Little, Brown, 2018. 9780316486231

Krall, Dan. *Sick Simon*. Simon & Schuster, 2015. 9781442490970

Parr, Todd. *The Don't Worry Book*. Little, Brown, 2019. 9780316506687

Percival, Tom. *Ruby Finds a Worry*. Bloomsbury Children's, 2019. 9781547602377

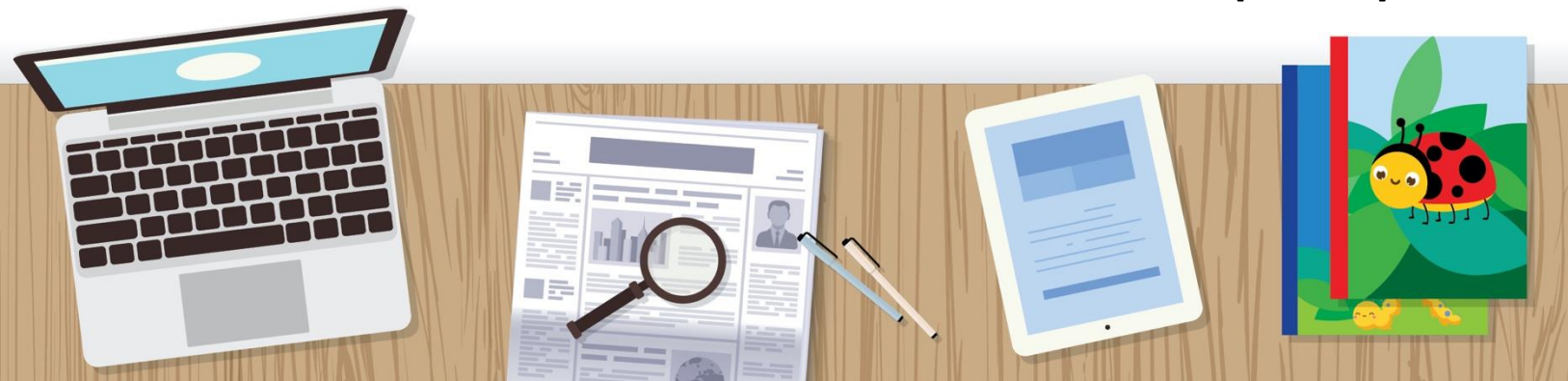
Verde, Susan. *I Am Peace: A Book of Mindfulness*. Abrams, 2017. 9781419727016

Verdick, Elizabeth. *Germs are Not for Sharing*. Illus. by Marieka Heinlen. Free Spirit, 2006. 9781575421964

Books for older children

Allen, Vanessa Green. *Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves*. Rockridge, 2019. 9781641524964

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Books for older children

Gardy, Jennifer. *It's Catching: The Infectious World of Germs and Microbes*. Illus. by Josh Holinaty. Owlkids, 2014. 9781771470537

Grossman, Laurie M., Angelina Alvarez & Mr. Musumeci's 5th Grade Class. *Master of Mindfulness: How to be Your Own Superhero in Times of Stress*. Instant Help, 2016. 9781626254640

Huebner, Dawn. *Outsmarting Worry: An Older Kid's Guide to Managing Anxiety*. Illus. by Kara McHale. Jessica Kingsley, 2017. 9781785927829

Kinder, Wynne. *Calm: Mindfulness for Kids*. DK Publishing, 2019. 9781465470904

Koch, Falynn. *Science Comics: Plagues: The Microscopic Battlefield*. First Second, 2017. 9781626727526

Marrin, Albert. *Very, Very, Very Dreadful: The Influenza Pandemic of 1918*. Knopf, 2018. 9781101931462

Stewart, Whitney. *Meditation is an Open Sky: Mindfulness for Kids*. Illus. by Sally Rippin. INDBP, 2015. 9780807549087

Wolf, Alex. *You Wouldn't Want to Live Without Soap!* Illus. by Mark Bergin. Franklin Watts, 2015. 9780531220511

Online books about COVID-19 and Coping

Block, Lauren & Adam E. Block. [Kelly Stays Home: The Science of Coronavirus](https://www.kellystayshome.com/). Illus. by Alex Brissenden. Blockstar, 2020. 9781734949339 <https://www.kellystayshome.com/> Available in a big kid version and little kid version.

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Inter-Agency Standing Committee. [My Hero is You: How Kids Can Fight COVID-19!](https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you) Illus. by Helen Patuck. 2020. <https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you> Multiple translations available including Chinese, Spanish, Tagalog and Vietnamese

Jenner, Elizabeth, Kate Wilson & Nia Roberts. [Coronavirus: A Book for Children](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf). Illus. by Axel Scheffler. Medical Consultant: Graham Medley. Nosy Crow, 2020. 9781839941467 https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

Jones, Malia. [A Kids Book About COVID-19](https://akidsbookabout.com/pages/covid-19). A Kids Book About, 2020. 9781951253301 <https://akidsbookabout.com/pages/covid-19> Available in Spanish and as a printable coloring book

Nicholls, Sally. [Staying Home](#). Illus. by Viviane Schwarz. 2020

Rotolo, Allison. [Rosie Practices Social Distancing](http://online.fliphtml5.com/xrynk/bvwz/#p=1). 2020. <http://online.fliphtml5.com/xrynk/bvwz/#p=1>

For a complete collection of free eBooks about COVID-19, please see the *New York City School Library System's* comprehensive list: <https://nycdoe.libguides.com/COVID-19ebooks/free>

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

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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

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.

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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.

Apps/Tech

[Brain Pop: Coronavirus](#)

An online, interactive lesson on the Coronavirus for fourth graders and up that includes an animated movie, additional readings, worksheets, quizzes and other educational activities.

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

[COVID Coach](#). iOS/Android.

This app was created by the U.S. Department of Veteran's Affairs for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic.

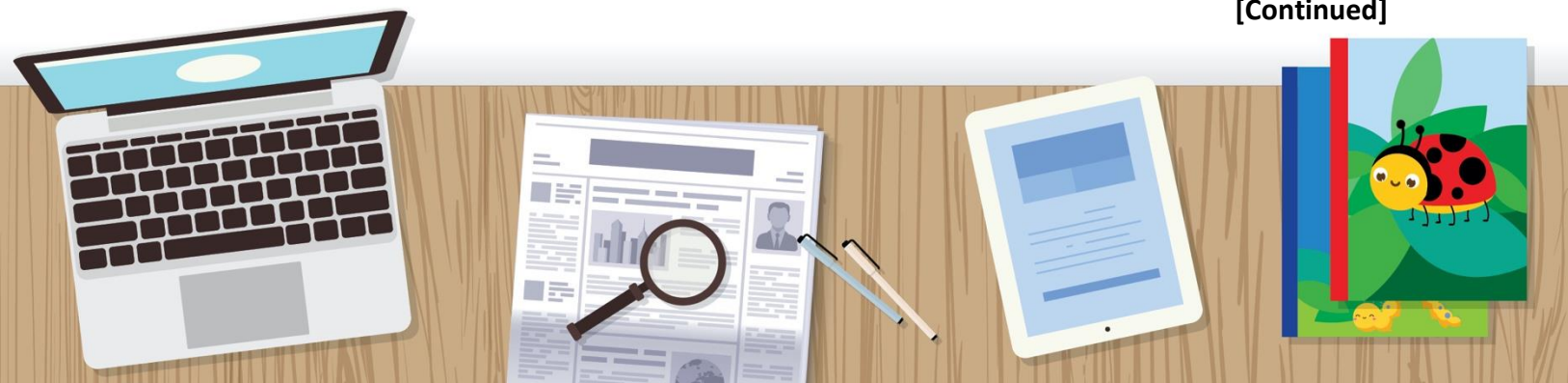
https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

[New Horizon: Kids Meditation](#). iOS/Android

This app provides sleep stories and guided meditations to help children fall asleep.

<https://www.newhorizonholisticcentre.co.uk/newhorizonapp.html>

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[Smiling Mind](#). iOS/Android

A mindfulness meditation app developed by psychologists and educators with programs for adults and children ages 3-18. <https://www.smilingmind.com.au/smiling-mind-app>

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

A journaling app created by a teenager that promotes positivity and happiness by encouraging users to log three good things that happen each day. <https://apps.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576>

Podcasts

[Be Calm on Ahway Island](#), Sheep Jam Productions. <https://www.ahwayisland.com/>

Features kid-friendly meditations, paired with soothing original stories that encourage emotional regulation, gratitude, inclusivity, and other positive messages.

Bensfield, Anne & Pamela Rogers. "Nine Podcasts About COVID-19 for Children Ages Five to 12." *School Library Journal*, April 29, 2020. <https://www.slj.com/?detailStory=Nine-Podcasts-about-COVID-19-KidCasts-coronavirus-audio-libraries>

An article linking to 9 specific episodes from high-quality podcasts for kids that discuss COVID-19.

["A Kids' Guide to Coronavirus"](#) *The Daily*, The New York Times.

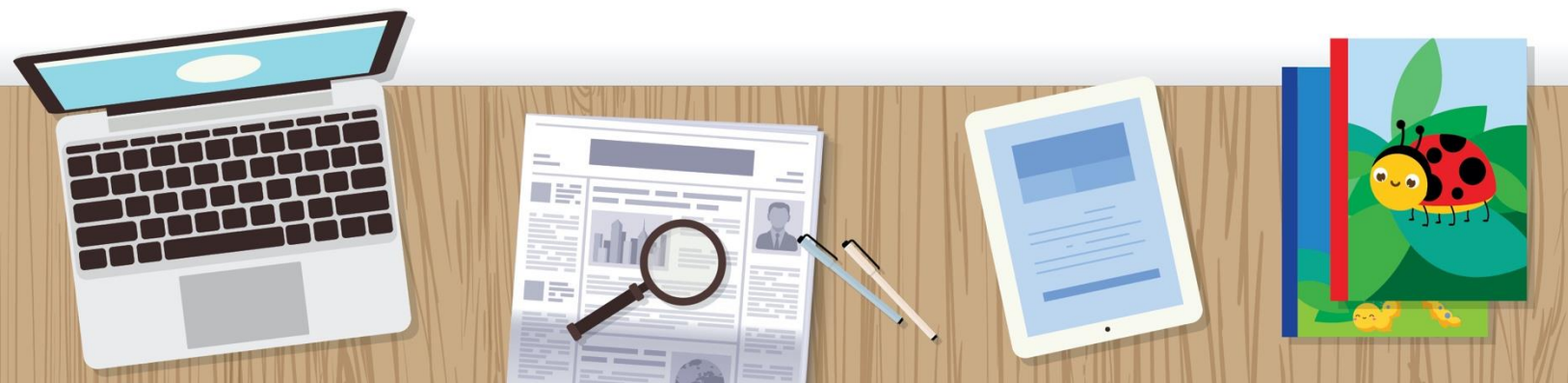
<https://www.nytimes.com/2020/03/27/podcasts/the-daily/kids-coronavirus.html>

Science reporter Carl Zimmer answers children's questions about the Coronavirus.

[KidNuZ: Daily News Podcast for Kids](#), KidNuZ. <https://www.kidnuz.org/>

A 5-minute, daily newscast for kids with today's top stories, current events, politics, science, entertainment, sports and more which includes age-appropriate coverage of the pandemic.

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[Parent Trapped](https://www.common sense media.org/parenttrapped), Common Sense Media. <https://www.common sense media.org/parenttrapped>

A weekly parenting podcast that offers support for parents during the Coronavirus pandemic covering everything from juggling work and school with kids at home to pillow fort designs.

[Peace Out: Relaxation Stories for Kids](https://bedtime.fm/peaceout), Bedtime FM. <https://bedtime.fm/peaceout>

Short stories that help children calm down and relax by guiding them through visualization and breathing exercises.

Activities

Action for Happiness' Coping Calendar:

https://www.actionforhappiness.org/media/863032/coping_calendar.jpg

Corona Virus Coloring and Activity Book: <https://together.stiude.org/content/dam/together/en-us/other/covid-19/coronavirus-activity-book-together.pdf>

First Aid for Feelings: A Workbook to Help Kids Cope During the Coronavirus Pandemic

<http://teacher.scholastic.com/education/coronavirusworkbook/index.html>

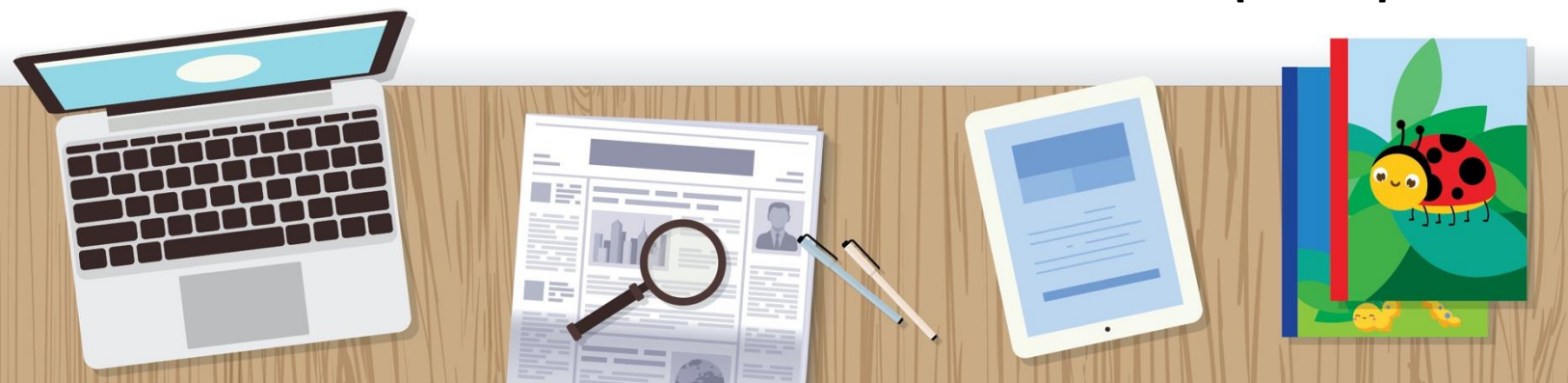
Kids for Peace's Projects and Resources for Kids, Families, and Educators in response to COVID-19. "As schools close, activities pause and states issue stay-at-home orders, we have a unique opportunity to "go within" and connect deeply with our families. We hope the below activities will help foster peace with our children, inspire fun with our families and shine a healing light of love upon our world. We're all in this together!"

<https://kidsforpeaceglobal.org/covid-19/>

Long Creation's 2020 COVID-19's Time Capsule Activity Sheets

<https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDgfuZ8a2tIZ-/view?fbclid=IwAR2h8sDXMYFMWltGJmpgblHxzmLomxZTzlOo5Zorzurgaf6N3HTXBazlrFE>

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Oriental Trading's Free Thank You Frontline Workers Coloring Pages

https://www.fun365.orientaltrading.com/article/community-helpers-coloring-pages?cm_mmc=social-instagram-otc-coloringpages

Screen free activities during COVID-19: [https://commercialfreechildhood.org/social-](https://commercialfreechildhood.org/social-distancing/?fbclid=IwAR3Gydxm7KE9AT0I8UykefodpTtuHymPfd7GRpfREyvb9FxBTR37LE0llm4)

[distancing/?fbclid=IwAR3Gydxm7KE9AT0I8UykefodpTtuHymPfd7GRpfREyvb9FxBTR37LE0llm4](https://commercialfreechildhood.org/social-distancing/?fbclid=IwAR3Gydxm7KE9AT0I8UykefodpTtuHymPfd7GRpfREyvb9FxBTR37LE0llm4)

Teachers Pay Teachers (free lesson for K-3rd grades): What is a pandemic?

<https://www.teacherspayteachers.com/Product/What-is-a-Pandemic-Freebie-5331387>

Therapeutic Activities for Children During the Pandemic:

<https://www.hackensackmeridianhealth.org/HealthU/2020/04/24/6-therapeutic-activities-for-kids-during-the-coronavirus-outbreak/>

Trinka and Sam Fighting the Big Virus Coloring Book Story

https://www.nctsn.org/sites/default/files/resources/special-resource/trinka_and-sam_fighting_the_big_virus.pdf

“What if my child is scared of wearing a face covering?” Activities to help kids feel comfortable wearing masks.

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>

ALSC web resources

Confronting Difficult Times

<http://www.ala.org/alsc/publications-resources/book-lists/comfortingreads>

Booklists to Comfort Children in Crisis

<https://www.alsc.ala.org/blog/2017/05/books-of-comfort/>

What is Media Mentoring?

<https://www.alsc.ala.org/blog/2016/09/what-is-a-media-mentor/>

Resources on this list were compiled by members of ALSC's Quicklists Consulting Committee. ALSC booklists are created as a resource for children's librarians to share with patrons. Parents and caregivers are encouraged to explore these titles to find resources that may match or spark their child's interest.

