

FCS Parent Resources

WE'RE HERE WITH YOU!



The FCS [Counseling, Psychological & Social Work Services](#) Department has developed this list of curated resources to support our families during this COVID-19 Pandemic.

Our goal is to provide you with high quality resources so that you do not feel alone or unsure during this period.

If you need further guidance or support please reach out to us at cpsw@fultonschools.org and we will connect you with someone that can best support your unique needs.



COVID EMOTIONAL SUPPORT LINE

The Georgia Covid19 Emotional Support Line provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling.

COMPREHENSIVE PARENT MODULE

Vanderbilt IRIS Center:
[Parents: Supporting Learning During the COVID-19 Pandemic](#)

SIGN UP FOR DAILY TIPS!

Child Mind Institute:
[Sign up to receive daily tips in your inbox about how to support kids during the COVID-19 crisis. Our clinicians will share advice about structuring the day when kids are stuck at home, managing behavior, balancing work and childcare, practicing mindfulness, and much more](#)

LIVE VIDEO CHATS WITH EXPERTS & PEER SUPPORT GROUP

Child Mind Institute Facebook:
[Daily live video chats with expert clinicians and Facebook peer support group](#)

VIDEOS

Mt. Sinai Health System:
[How to Be a Good Parent During COVID-19](#)

Mayo Clinic:
[COVID-19 Tips for Parents](#)

Children's Omaha:
[Adding Structure and Normalcy to Your Child's Life During COVID-19](#)

PODCASTS

American Institutes for Research:

[Creating a Safe, Supportive Learning Environment at Home](#)

National PTA:

[Notes from the Backpack: Tackling COVID-19 Anxiety Together- National PTA](#)

Center on the Developing Child, Harvard University:

[The Brain Architects Podcast: COVID-19 Special Edition: A Different World](#)

RESOURCES

The National Child Traumatic Stress Network:

[Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19](#)

The National Child Traumatic Stress Network:

[Supporting Children During Coronavirus \(COVID19\)](#)

American Academy of Children & Adolescent Psychiatry:

[Media Habits During COVID-19: Children & Teens on Screens in Quarantine](#)

[Tips for Coping when Quarantined with COVID-19 Family Members](#)

The National Child Traumatic Stress Network:

[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 \(COVID-19\)](#)

American Academy of Children & Adolescent Psychiatry:

[Helping Kids Cope While Sheltering in Place](#)

[Helping Children Cope with Changes Resulting From COVID-19](#)

[Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[When Family Members are Hospitalized Due to COVID-19](#)

WEBSITES

Child Mind Institute:
[Resources in English](#)

Child Mind Institute:
[Resources in Spanish](#)

Healthy Children from the American Academy of Pediatrics:
[COVID-19 Articles](#)

[Positive Parenting in COVID-19 Isolation](#)

CDC:
[Keeping Children Healthy While School is Out](#)