

COVID-19: Information and Resources for Children and Youth

General COVID-19 Info:

- Please visit the BCSTH's Health & Safety: COVID-19 webpage for the latest information about COVID-19, helpful resources, webinars and recommendations for housing and service providers: <https://bcsth.ca/blog/health-safety-covid-19/>
- BC Online Self-Assessment Tool: <https://covid19.thrive.health/>
- BC Centre for Disease Control updated guidelines on testing and isolation criteria: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing-isolation>
- Visit the BC Government Public Health Alerts web page for the latest updates on COVID-19: <https://www.healthlinkbc.ca/public-health-alerts>
- Canada.ca/coronavirus for updates

Talking to children and youth about coronavirus:

- [Tips from UNICEF](#)
- [What you should tell your children: From CTV News](#)
- How to talk to children and address their coronavirus concerns:
<https://www.cbc.ca/news/health/covid-19-coronavirus-kids-1.5495831>
- Just For Kids: A Comic Exploring The New Coronavirus:
https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=newsletter&utm_medium=email&utm_content=this%20downloadable%20comic&utm_campaign=Weekly-03-03-20

Helplines:

- Kids help phone: <http://kidshelpphone.ca>
- Parent Information Line: www.informationchildren.com/parent-support/

Education and Activities to do at Home:

- Entire List of Education Companies Offering Free Subscriptions Due to Schools Closing: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Another List of Educational Free Websites:
<https://www.facebook.com/learnincolor/photos/p.2804811532947901/2804811532947901/?type=1&theater>

- <http://scholastic.ca/>—Along with age appropriate information on Covid19, Scholastic has great activities and at-home teaching tools to keep your children entertained and learning!
- <https://www.gonoodle.com/>— A FREE treasure trove of silly dances, fun songs and calming yoga and breathing activities. You can either sign up on their website or search them on YouTube.
- 75+ Entertaining and Educational Activities for When You're Stuck Indoors: <https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR1LWNOFdn6xeN782eIW6wC8QxrK05mYhcfOhVxeiStG-wEUXYQuFF5RQ>

Indigenous focused:

- Think Indigenous Online Indigenous Education Grades K-8: https://www.facebook.com/ThinkIndigenousOnlineEd/posts/113194156972011?_tn=-R

Resources for Parents and Families:

- BC Council for Children and Families Online Parent Education Courses: <https://www.bccf.ca/program/online-parenting-programs/>
- Tips from the Red Cross for families making the best of self-isolation: <https://www.redcross.ca/blog/2020/3/tips-to-help-families-cope-during-self-isolation-due-to-covid-19>
- Global News: How Parents are Getting through isolation without depending on screens: <https://globalnews.ca/news/6682923/keeping-kids-busy-amid-covid-19/>

Indigenous focused:

- Traditional Indigenous Kinship Practices at Home: Being Child-Centred During the Pandemic: <https://indigenusmotherhood.wordpress.com/2020/03/16/traditional-indigenous-kinship-practices-at-home-being-child-centered-during-the-pandemic/>
- COVID 19 Resources for Indigenous Peoples: <https://www.indigenusclimateaction.com/post/covid19-resources-for-indigenous-peoples>