

Resources for Families During COVID-19

Change can be extremely hard on children. All of the changes resulting from COVID-19 restrictions can be very scary for them, resulting in behavioral issues such as anxiety, nightmares and difficulty sleeping, anger, defiance, lack of focus, difficulty separating from parents, testing limits, and 'meltdowns'.

This resource focuses on **family supports** (including local information) that may be helpful for newcomer families, during the COVID-19 pandemic.

COPING:

Action for Happiness – ideas for coping at home – many languages
<https://www.actionforhappiness.org/active-april>

COVIBOOK - An online book for families to support and reassure children under the age of 7 about COVID-19. It is written by a child Psychologist. It has been translated into many languages: <https://www.mindheart.co/descargables>

Families Canada: videos and resources for immigrants parenting in Canada (numerous languages); being a Dad in Canada, being a teen in Canada, positive discipline, etc.
<https://familiescanada.ca/resources-and-publications/>

Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty

Developed by Psychology Tools would also be worth sharing and is available in a vast number of languages <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

How to talk to your child about Covid 19 (all ages) – Hospital for Sick Children
<https://www.aboutkidshealth.ca/Article?contentid=3866&language=English&hub=COVID-19> More Covid-19 resources: <https://www.aboutkidshealth.ca/>

How to talk to your child about coronavirus disease 2019 (COVID-19) – Booklet from Unicef: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Information to help you understand what children may be feeling:

https://psychologyfoundation.org/Content/Parents/Children_4-13/School-Age-Booklets.aspx

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Kid's Help Phone: free phone service for children to share concerns and get help. **1-800-668-6868** [Newcomer Initiative for Arabic-Speaking Youth](#) runs May to end October 2020. **1-800-668-6868, then '3'**

Mental Health information in various languages <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/information-in-other-languages>

Multi-Language documents about Covid-19 for Newcomers: <http://www.rstp.ca/wp-content/uploads/2020/03/COVID-19-Multi-Language-Resources-REVISED-2-Eng.pdf>

Public Health Canada (PHAC) public education COVID-19 resources

Multilingual resources include: *COVID-19: Know the Facts; Taking Care of your Mental Health; About Coronavirus Disease; Reduce the Spread: Wash your Hands; How to Care for a Person with Covid-19 at Home; and, Physical Distancing (Arabic, French and English only)*. All PHAC's COVID-19 resources: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html#wb-auto-5>

Activities to help you understand your child's feelings: Psychology Association of Canada – English, Spanish, Tamil, Chinese and French
https://psychologyfoundation.org/Content/Parents/Children_4-13_/Toolbox-Activities-English.aspx [\(Spanish\)](#) [\(Tamil\)](#) [\(Chinese\)](#) [\(French\)](#)

HOME STUDY:

Home Study Resources: including study guides, encyclopedia, Canadian issues, e-library, etc. <https://www.reginalibrary.ca/blog/rpl-blog/home-study-resources>

Ideas for books and activities: <https://www.reginalibrary.ca/blog/rpl-blog/author/jessica-childrens-collections>

Language learning: Over 70 languages, including EAL (English as an Additional Language). <https://www.reginalibrary.ca/digitalservices/mangolanguages>

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Lessons, quizzes and live online tutoring

<https://www.reginalibrary.ca/digitalservices/brainfuse>

Regina Open Door's Homework Help Program online, for newcomer youth. Starting May 12, 2020; every Tuesday and Thursday from 5pm to 7pm To refer youth clients:

<https://rods.sk.ca/youth-program-referral-form>

Read out loud (Family story time): Stories in English and 28 other common immigrant languages <https://globalstorybooks.net/>; <https://storybookscanada.ca/>

Sask Culture's information about free, creative activities (for kids and adults), including music, dance, literacy, theatre, languages, film and visual arts:

<https://www.saskculture.ca/programs/covid19/creative-online/things-to-do>

Wide Open School – materials and resources for families and educators (for children and youth preschool to grade 12) <https://wideopenschool.org/>

VIRTUAL MUSEUMS:

Google: Google has assembled access to over 500 art institutions: digital tours and collections <https://artsandculture.google.com/>

Sask. Science Centre: online programming <https://www.sasksciencecentre.com/real-science-real-fun>

Saskatchewan Virtual Heritage Fair: projects created by children in Saskatchewan about Canada's history. Many topics – including family history, sports, people, events, etc. <https://heritagesask.ca/heritagefairs/virtual-heritage-fair>

Virtual Museum Tours: Virtual Museum Tours: Canadian:

<http://www.virtualmuseum.ca/virtual-exhibits/type/virtual-exhibits/>

Royal Sask. Museum: <https://royalsaskmuseum.ca/rsm/education/blog>

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World Museum Tours: [The Louvre](#); [the Guggenheim](#); the [Smithsonian](#) and the [British Museum](#) all have virtual tours and digital exhibits

STORY SHARING & VIDEOS:

Audible: [free audiobooks for kids](#) in different languages (while schools are closed)

Authors are reading their children's stories: <https://www.cbc.ca/books/canadian-children-s-writers-illustrators-are-sharing-readings-of-their-books-online-1.5500364>

Hoopla: free books, movies – use library card to sign up – special kids section
https://www.hoopladigital.com/collection/8364?children=1&page=1&sort=POPULARITY&umt_term=multi&utm_campaign=bonus-borrows&utm_content=bonus&utm_medium=email&utm_source=pardot-library

Kanopy Kids: stories, movies, language instruction (English, Spanish, French, German, etc.) <https://reginalibrary.kanopy.com/>

NFB – National Film Board of Canada – free movies. NFB Educational videos during Covid-19 are free <https://www.nfb.ca/education/>

Story Shares: for teens/adults: free e-books written by students, newcomers, etc. Back to School, Fiction, Historical Fiction, Mystery and Sci-Fi, Fantasy, Romance, True stories and Series. Various reading levels. <https://www.storyshares.org/books>

Stories of Us – stories written by newcomers to Canada about their experiences
<https://dia.space/projects/the-stories-of-us/library/>

SAFETY EDUCATION:

Sask Safety Council Videos – riding bicycles safely, bicycle helmets, etc.
<https://www.youtube.com/channel/UCHsjMZeQLTFpAu4VXgDtolg/videos>

Young Workers – Career Safety Education – free course for youth 14-21
<https://www.sasksafety.org/career-safety-education.html>

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FRANCOPHONE RESOURCES:

Most of the above resources are also available in French.

Association des parents fransaskois – APF – Regina calendar of events

<https://www.facebook.com/apfransaskois/>

French translations of Saskatchewan Government information about Covid-19:

<https://www.saskatchewan.ca/bonjour/health-and-healthy-living/2019-novel-coronavirus>

OTHER RESOURCES:

Saskatchewan Government information about Covid-19

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>

RRLIP Covid -19 page (with links to credible sources of information and updates on local organizations): <https://rrlip.ca/pages/covid-19>