

# Staying Together While Physically Apart

## Working Parents Resources: Supporting Children During Covid

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### RESOURCES

[Positive parenting during shelter in place](#)

[Communicating as a family in times of crisis](#)

[Adapting to change, maintaining structure, and keeping families healthy](#)



### RESOURCES

[What happened to MY world - Guide for parents helping children cope](#)

[Learn about Four Pillars of Security - How they help you maintain emotional reserves](#)

[Tips from experts - Help your child manage stress](#)

[Webinar series on tips from educators for learning and living at home](#)

[Mindfulness techniques for children and adults](#)

[Tips for families adapting to life at home](#)

[Podcast on how COVID-19 changed the work-life equation](#)

[Stress-relieving activities](#)



### RESOURCES

[Behaviorally Speaking podcasts](#)

[Behavioral expert consultation \(sign-up required\)](#)

[10 tips from Rethink to support your family right now](#)



### RESOURCES

[Handling stress & recognizing when children are experiencing stress](#)

[Coping with traumatic events – Identify and normalize reactions to traumatic events](#)

[Training – Get the best of stress](#)

[The Human Element – Tips on coping with stress and focusing on what you can control](#)

[Webinar on conquering fear and anxiety](#)