



COVID – 19 Information for Children, Youth & Families

PART 2: Resources

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Updates from the last version are denoted
in red text.

The COVID-19 situation is constantly evolving and information is changing rapidly. First and foremost, it is our understanding the health sector is putting all necessary precautions in place to keep patients, families and staff safe.

The Provincial Council for Maternal and Child Health (PCMCH) and Kids Health Alliance (KHA) have created two documents to support children, youth and families access credible and up-to-date information:

- Part 1: Frequently Asked Questions
- **Part 2 (this document): Resources**

This document will be updated as new information exists; visit

<https://www.pcmch.on.ca/covid-19-resources-for-children-youth-and-families/> for the most up-to-date version.

Some resources included in this document are adapted from AboutKidsHealth. Visit the AboutKidsHealth website directly for updates: www.aboutkidshealth.ca/COVID-19

If you have general questions about the COVID-19 virus, visit the Ontario Ministry of Health's website: <https://covid-19.ontario.ca/>.



Kids Health Alliance (KHA) is a not-for-profit network of health care organizations that collaborate to make tangible improvements in care for children and youth – all with a quality and safety lens. KHA partners are currently focused on strengthening pediatric quality and safety infrastructure in Community Hospitals. www.kidshealthalliance.ca/en/



The Provincial Council for Maternal and Child Health (PCMCH) provides leadership in bringing the maternal newborn child and youth health care sector together to plan and implement health care practice solutions that improve access to and the quality of, health care provided to mothers and children in Ontario. www.pcmch.on.ca/



AboutKidsHealth is a health education resource for children, youth and caregivers that is approved by health-care providers at The Hospital for Sick Children. You can learn more here: www.aboutkidshealth.ca/

If you have questions about this document please contact Jessica Marangos (jessica.marangos@kidshealthalliance.ca).

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Talking to Children & Youth about COVID-19

- *Website.* Explaining COVID-19 and Coronavirus to children (Holland Bloorview Kids Rehabilitation Hospital): <http://hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/explaining-covid-19-kids>
- *Website.* COVID-19 Resources (Children’s Mental Health Ontario): <https://cmho.org/covid19/>
- *Website.* Helping children and teens cope with stressful public events (Caring for Kids): www.caringforkids.cps.ca/handouts/disaster
- *Website.* How to Talk to Your Kids About Coronavirus (PBS): www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus#.XmuZ3QV_gax.twitter
- *Website.* How can we talk to kids about COVID-19? Be “realistically reassuring” (Canadian Pediatric Society): www.cps.ca/en/blog-blogue/how-can-we-talk-to-kids-about-covid-19
- *Website.* A Toolkit for Coping with Kids at Home During the Covid-19 Pandemic (COVIDwithKids): www.covidwithkids.org/
- *Website.* Information in 30+ languages to help all patients know when, and how, to seek care. Created in collaboration with Harvard Health Publishing. Include information for different age groups! <https://covid19healthliteracyproject.com/#english>
 - Now with specific materials tailored to ages 3-6, ages 6-12 and ages 13-18

- *Website.* COVID-19 Information for Parents and Families (TREKK): <https://trekk.ca/parentsandfamilies?subject=COVID19>
- *Website.* Supporting Individuals with Autism through Uncertain Times (Autism Focused Intervention Resources & Modules): <https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>
- *Website.* Supporting your child with a neurodevelopmental disorder through the COVID-19 crisis (AboutKidsHealth): www.aboutkidshealth.ca/Article?contentid=3869&language=English&hub=COVID-19
- *Website.* Various Topics (CBC Kids News): www.cbc.ca/kidsnews/site/search_results/?q=Coronavirus
- *Website.* COVID-19 Fact Sheet: Talking to Children About the Pandemic (Ministry of Health): www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_talking_children_guidance.pdf
- *Website.* COVID-19 resources for parents and children (Government of Canada): <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-parents-children.html>

AboutKidsHealth COVID-19 Learning Hub

The AboutKidsHealth Learning Hub includes resources on COVID-19 and how to help you cope. There are resources on how to support your child's mental health and general wellbeing through physical activity, sleep, nutrition and learning. Also included are videos and audio meditations to help you cope with stressful thoughts and experiences that occur throughout your day. You can access it here:

www.aboutkidshealth.ca/COVID-19

There is also a Learning Hub dedicated to providing information for parents of immunocompromised children and children with chronic medical conditions. You can access it here: www.aboutkidshealth.ca/Article?contentid=3863&language=English

Preventing and Managing Common Flu Symptoms in Children & Youth

Handwashing

Video. 'Protect Don't Infect' – Tips for Stopping the Flu, Colds and Other Infections (CHEO):

https://www.youtube.com/watch?time_continue=9&v=7PKwE1jluws&feature=emb_title

- *Website.* Handwashing (AboutKidsHealth): <https://www.aboutkidshealth.ca/article?contentid=1981&language=english>

Fever

- *PDF.* What you need to know: Fever (CHEO): <https://www.cheo.on.ca/en/resources-and-support/resources/P5325E.pdf>

- *Website.* How to manage your child's fever (TREKK). This infographic provides information about how to take your child's temperature, how to manage their symptoms, and when to seek medical care: <http://fever.trekk.ca/>
- *Website.* AboutKidsHealth
 - Fever: www.aboutkidshealth.ca/Article?contentid=30&language=English
 - How to give acetaminophen and ibuprofen for fever: www.aboutkidshealth.ca/Article?contentid=3260&language=English
 - Fever in a returning traveller: www.aboutkidshealth.ca/Article?contentid=903&language=English

Cough & Colds

- *Website.* AboutKidsHealth
 - Cough: www.aboutkidshealth.ca/Article?contentid=774&language=English
 - Colds (viral upper respiratory infections): www.aboutkidshealth.ca/Article?contentid=12&language=English

Personal Protective Equipment

- *Video.* Personal Protective Equipment for Kids from Children's Hospital of Eastern Ontario (CHEO): www.youtube.com/watch?v=LMkm63GQdSI&feature=youtu.be

Managing Anxiety and Promoting Mental Health

There are many family-oriented resources available online to help you talk to your child or youth about COVID-19.

- Children's Mental Health Ontario COVID-19 website: www.cmho.org/covid19
- *Tool.* Breathing Balloon Exercise (Kids Help Phone): <https://kidshelpphone.ca/get-info/breathing-balloon/>
- *Website.* CHEO compiled healthy strategies you can do to support your kids and thrive as a parent during this changing time: www.cheo.on.ca/en/resources-and-support/resources/P6219E.pdf
- Interactive resources available include:
 - Kids Help Phone: 1-800-668-6868 or <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>
 - Centre for Addition and Mental Health: www.camh.ca/en/health-info/mental-health-and-covid-19
 - First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
 - Teen Line: 1-310-855-HOPE or 1-800-852-8336 or text TEEN to 839863

- LGBTQQ2SI Youthline: 1-800-268-9688 or text 647-694-4275 or chat www.youthline.ca
- The Centre for Addiction and Mental Health offers a variety of online webinar series where parents, caregivers, and people with development disabilities are invited to participate:
 - Mindfulness Mondays, 2-3 PM EST: Free online mindfulness sessions for people in the development disability community and their caregivers, regardless of age or disability. Guided meditation is offered that is accessible to all levels. Register at: mindfulnessmondays2020.eventbrite.ca. For any questions, please email brianne.redquest@camh.ca
 - “What’s Up?” Wednesdays, from 2-3 PM EST: for people with disabilities to get their questions about COVID-19 answered in plain language. Register at: whatsupwed.eventbrite.ca. For more information please email hcardd@camh.ca
 - Fit Fridays, from 2-3 PM EST: free online physical activity sessions for people with developmental disabilities. Physical activity is important for physician and mental health, and can be helpful to manage stress and anxiety during difficult times. Register at: fitfri.eventbrite.com
- *Website.* ConnectABILITY is a website and virtual community dedicated to lifelong learning and support for people who have an intellectual disability, their families and support networks. The website includes resources for children, youth, and caregivers including advice on what to do while social distancing. You can access these and other COVID-19 related resources at: <https://connectability.ca/en/>
- *Website.* P4P Planning Network empowers people with disabilities and their families with free resources to create meaningful lives and secure futures, firmly rooted in community. The website includes a pre-recorded webinar on how to stay connected while social distancing: <http://www.planningnetwork.ca/en-ca/Webinar/28204/Staying-Connected-03-24>

Tips & Tools for Caregivers

The Ontario Caregiver Organization (OCO) has produced a number of tip sheets to support caregivers during COVID-19.

- [How Technology Can Support Caregivers During COVID-19](#): This tip sheet provides information about how technology can support caregivers in their roles should they become ill or need to self-quarantine, or if their loved one needs to be quarantined and access is restricted.
- Virtual Caregiver Support Group: OCO created a virtual support group to offset any support groups you may not be able to visit in your community during this time. Discussion will be driven by caregivers to discuss issues of highest importance to caregivers with facilitation by an OCO staff person on the below days and times. Visit the webpage for additional details: <https://ontariocaregiver.ca/find-support/peer-support/>
 - Mondays at 7:00 p.m. – 8:00 p.m.

- Wednesdays 10:30 a.m. – 11:30 a.m.
- Thursday 2:30 p.m. – 3:30 p.m.
- Saturday 11:00 a.m. – 12:00 p.m.
- [Connecting Socially While Keeping Your Distance](#): This tip sheet includes a few tips that you can use to maintain social connections, and information to join arts, culture and wellness resources that are now free to the public.
- CanChild, the Kids Brain Health Network, and the CHILD-BRIGHT Network have launched My COVID Disability Q., a new Twitter Q&A hub for Canadian children and youth with disabilities as well as family members speaking on their behalf. Youth and their family members are invited to ask questions relating to disabilities and the ongoing COVID-19 situation and get credible answers from some of Canada’s leading disability experts working in a wide range of fields including health, research, science, policy, leisure, and wellbeing.
 - Visit the Twitter page [@MyCOVIDQuestion](#) to see what questions Canadians have asked our disability experts to answer already
 - New questions about COVID-19 can be submitted through this online form: <https://canchild.mcmaster.ca/surveys/?s=RLMFLE7H7X>

Precautionary Measures

The Ontario Caregiver Organization released a list of precautionary measures that family caregivers, those who support a family member, partner, friend or neighbour with a physical or mental health challenge, can take now to keep themselves and the person they care for safe.

You can access it here: <https://ontariocaregiver.ca/family-caregivers-and-covid-19-precautions-caregivers-need-to-take-now/>.

- Expand your circle of care. Think about who can step in should you need help. Ask other trusted family members, friends or neighbours if they can provide back-up support should you become ill or need to self-quarantine.
 - For tips on how to do this safely, read below and consider how Connected Care (www.connectedcare.sickkids.ca) may be able to help. Connected Care is located at SickKids, funded by the Ontario Ministry of Health and available across all regions.
- Document detailed instructions around the care that needs to be delivered. If you have someone coming in to provide care, make it very clear what needs to be done.
 - Provide contact information for your doctors, clinic, pharmacy etc.
 - List the names and doses of medications. Have enough medication for one or two weeks in case you cannot get to the pharmacy to refill prescriptions.
 - Ensure all your medications have refills available, so you do not have to leave the house if you become ill.
 - Have extra supplies like rubbing alcohol, hand sanitizers and soap to wash your hands.

- Keep extra pantry essentials to ensure you and the person that you may be caring for have the necessary supplies to prepare healthy and nutrient rich meals.
- Document a plan for greeting and screening visitors for COVID 19 symptoms/exposure in the home. Consider implementing a log of who visits the house and helps to care for your child, in the event you may want to follow up with them, i.e., homecare. Keep your environment clean using disinfectants and ask visitors to wash their hands carefully and/or use hand sanitizer when they enter.
- Explore what technology can be used to support someone you care for when you can't be in the same place at the same time. Find out which ways and using which Apps or website your health care team is using, so you are ready to connect with them, if there is need to.
- Leveraging technology is also a good way to help alleviate feelings of isolation. Use it to stay connected to friends, family and your community.

Access from Home

Recognizing that people may not be able to leave their homes, AccessNow is identifying, validating and promoting businesses that offer services to people at home. The service is called "Access from Home", more details are provided on the website:

<https://accessnow.ca/accessfromhome/>

Resources for Children and Youth with Chronic Conditions or Medical Complexities

CHEO developed a website to address common questions from caregivers and families regarding COVID-19, including special considerations for children and youth with pre-existing conditions or complex care needs.

- To watch their Q&A video or for more information please visit: <https://www.cheo.on.ca/en/visiting-cheo/covid-19.aspx#What-do-I-do-if-my-child-or-youth-has-an-existing-health-condition-or-has-complex-care-needs>
- CHEO's Clinic for Augmentative Communication has put together the following resources for parents and their children and youth who use Augmentative and Alternative Communication (AAC) that can be accessed here: <https://www.cheo.on.ca/en/visiting-cheo/covid-19.aspx#Development-and-rehabilitation>

Asthma

- Asthma Canada, in partnership with Canadian Medical Professionals, responded to common questions regarding asthma and COVID-19 here: <https://asthma.ca/coronavirus-covid-19-and-asthma>

- The Canadian Paediatric Society’s website includes a page dedicated to addressing paediatric asthma and COVID-19 here: www.cps.ca/en/documents/position/paediatric-asthma-and-covid-19

Childhood Cancer

The Pediatric Oncology Group of Ontario (POGO) is the official source of advice on childhood cancer to the Ministry of Health and champions childhood cancer care on behalf of the childhood cancer community. To learn more information and read COVID-19 updates from POGO please visit: www.pogo.ca/healthcare/covid-19-updates/

Children with Medical Complexity – Connected Care

Connected Care, located at SickKids, is available to support families and community/home care providers (e.g. home care nurses) across the Province who have ‘non-urgent’ questions and seek evidence-based information about pediatric nursing practice, education and standards of care for children with medical complexity.

- **Connected Care Paediatric Education** is offered for community/home care providers and families of children with medical technology preparing for discharge or already home. For those who wish to expand their circle of care or plan for other key transitions (new goals of care, new team members, new living arrangements), training may be requested via email: connectedcare.inquiries@sickkids.ca See what topics Connected Care can provide training for: www.connectedcare.sickkids.ca/paediatric-education-for-families
- **Connected Care Learning Hub** provides information from SickKids AboutKidsHealth including tips and visuals: G and GJ Tubes, NG Tubes, Anesthesia and Pain Management, Vascular Access Devices, Subcutaneous Injections, Suctioning and Secretions, Tracheostomy Care. www.aboutkidshealth.ca/connectedcare
- **Connected Care Quick Hits** which provide up to date and evidence based recommendations for the care of children with medical complexity & technology dependence, from hospital to home. www.connectedcare.sickkids.ca/quick-hits. Share an idea or ask a question to be addressed in a future QuickHit by emailing: connectedcare.inquiries@sickkids.ca
- **Connected Care Live 24/7** offers community/home care providers (e.g. home care nurses) access to SickKids nurses to support any ‘non-urgent’ questions they may have including those about best practice in the assessment and care for children with medical complexity. Join a consult to review training and education with your community/home care providers who can register and/or initiate a live consult with Connected Care via text, talk or video www.connectedcare.sickkids.ca

Diabetes

- **Canadian Pediatric Society** developed documentation for parents of children with type 1 diabetes and COVID-19: www.cps.ca/en/blog-blogue/type-1-diabetes-and-covid-19-information-for-parents
- **Diabetes Canada** works with expert providers to share updates and resources related to COVID-19 specifically for people living with diabetes. Resources include an “Ask the Experts” webinar, infographics on symptoms and prevention, and notes about safeguarding diabetes drug supply that you can access here: [www.diabetes.ca/en-CA/campaigns/covid-19-\(coronavirus\)-and-diabetes](http://www.diabetes.ca/en-CA/campaigns/covid-19-(coronavirus)-and-diabetes)
- **Meant2Prevent** is a type 2 diabetes prevention initiative for children and youth. For COVID-19 specific resources on Meant2Prevent please visit: meant2prevent.ca/resources-for-families/#jump-coronavirus
- **Pediatric Diabetes Network – Illness Management Guide:** These Illness Management Guide is a resource for patients and families to care for diabetes during illness and prevent possible diabetic ketoacidosis (DKA), severe hypoglycemia, and dehydration. These guidelines are not intended to be a substitute for medical advice, or to replace local treatment recommendations. You can access the guidelines here: www.pcmch.on.ca/health-care-providers/paediatric-care/ontario-paediatric-diabetes-network/paediatric-diabetes-network-illness-management-guidelines/
- **Diabetes Hope Foundation** is a grassroots not-for-profit organization established to reward, empower and provide peer education and support for youth in transition to enable them to live successfully within and beyond diabetes. They offer resources and programming including a peer support program for those between the ages of 13 – 17 years old: <https://diabeteshopefoundation.com/>
- **McMaster Children’s Hospital and McMaster University** created a website dedicated to bringing together high-quality information about COVID-19 for children and adolescents with diabetes and their families. This website provides up to date information on Canadian Government and international agencies’ response to the pandemic. The website has sections about sick day management for type 1 and type 2 diabetes, parenting during COVID-19, information about preventing the spread, healthy lifestyle, and coping with stress. There are also sections on frequently asked questions and a forum for families to share their stories about living with diabetes during the COVID-19 pandemic. For more details please visit: <https://covid19childhooddiabetes.com/>

Heart Disease or Stroke

The Cardiac Neurodevelopmental Outcome Collaborative is a group of healthcare professionals committed to working together and partnering with families to optimize neurodevelopmental outcomes for individuals with pediatric and congenital heart disease. They have developed COVID-19 resources for people with congenital heart disease and their families to support healthy coping and stress management. These documents can be accessed at: www.cardiacneuro.org/coping-with-stress-and-worry-during-covid-19-2/

The Heart and Stroke Foundation provides updates and shares precautions for people living with heart disease or stroke, including webinars for caregivers here: <https://www.heartandstroke.ca/articles/coronavirus-heart-disease-and-stroke>

Obesity

- Obesity Canada is the country's leading obesity registered charity association for health professionals, researchers, policy makers, and Canadians living with obesity. Their website features a section on "COVID-19 and Obesity: What to Know" that can be accessed here: <https://obesitycanada.ca/covid-19/>
- For resources related to lifestyle and weight management please visit Meant2Prevent at: <https://meant2prevent.ca/resources-for-families/#jump-coronavirus>

Pain Management

Solutions for Kids in Pain (SKIP) works to improve children's pain management by using evidence-based solutions through coordination and collaboration. SKIP offers materials in English and French: https://c78cfb5d-6fc1-4ecd-908a-ec0783533e0e.filesusr.com/ugd/4fdcf_da931f8a4ad14f2d9591ff41466e0e40.pdf

Respiratory Illness

The Lung Association provides up to date information regarding COVID-19 for people living with respiratory illness, including a webinar to address COVID-19 and lung health. Please visit: <https://www.lung.ca/lung-health/lung-disease/covid-19-coronavirus>

Sickle Cell

The American Society of Hematology is the world's largest professional society serving both clinicians and scientists around the world who are working to conquer blood diseases. They published responses to frequently asked questions about COVID-19 from patients and families that can be accessed here: <https://www.hematology.org/covid-19/covid-19-and-sickle-cell-disease>

The Sickle Cell Association of Ontario is a volunteer, non-profit, community-based organization based in Toronto that provides support and resources for individuals, families and communities affected by sickle cell disease. Their website also includes content specific to COVID-19: <https://sicklecellontario.ca/scao-covid-19-sickle-cell-disease/>

First Nations, Inuit, and Métis Focused Resources and Information

The Government of Canada has a dedicated page to address questions regarding COVID-19 and Indigenous communities: <https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298>

CHEO has compiled resources for COVID-19 resources in Inuktitut & Inuinnaqtun, which can be accessed here: <https://www.cheo.on.ca/en/visiting-cheo/covid-19.aspx#Resources-in-Inuktitut-and-Inuinnaqtun>

The CHEO website also references the following reliable websites and organizations for COVID-19 information:

- Mohawk Council of Akwesasne: <http://www.akwesasne.ca/>
- Nunavut Public Health - COVID-19: <https://gov.nu.ca/health/information/covid-19-novel-coronavirus>

Ontario Association of Children's Aid Societies has compiled the following resources:

- [COVID-19 concerns, closures have families and communities heading out on the land](#), CBC News
- [Traditional Indigenous Kinship Practices at Home: Being Child-Centered During the Pandemic](#), Indigenous Motherhood
- [There's a massive free catalogue of Indigenous films online - and we have 6 picks to get you started](#), CBC News
- Metis Healthy Babies Healthy Children Program. Support to Métis folx, expectant parents and families with children 0 – 6 including peer counseling, referrals, and diapers. Contact email alexandrian@metisnation.org or cell 1-647-615-6724.

Caregiver Information – Legal Rights, Employment Insurance & Financial Support

- **Legal Rights:** Holland Bloorview Kids Rehabilitation Hospital has created a tip sheet about your legal rights during the COVID-19 outbreak that you can download by [clicking here](#). The information provided in the tip sheet is for reference only. It is not intended as a recommendation or endorsement of organizations, news sources, policies or political parties, or as a comprehensive resource list. This tip sheet does not contain legal advice.

- **Employment Insurance:** Service Canada now has a dedicated number for Employment Insurance claims exclusively related to COVID-19. The number is: 1-833-381-2725. You can access additional information on the Government of Canada website: www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html?fbclid=IwAR3292qjXg-1uzySOElg9mwc_l3tTfyY9oyDIh7-nx9v2uCIKOyAHYnB_Vk.
- **Canada's COVID-19 Economic Response Plan, Support for Canadians:** The Government of Canada is taking immediate, significant and decisive action to help Canadians facing hardship as a result of the COVID-19 outbreak: www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html#Support_for_Canadians



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