

Dear Participants,

Thank you so much for attending our first Community Conversation, "Helping Our Children Adjust to the New Normal and Tips for Back to School."

Listed below are all the resources discussed in the webinar. The majority of these resources are available in both English and Spanish.

[Family Resources by URMCPediatric Behavioral Health & Wellness](#)

Helping Kids Wear a Mask:

[Sesame Street Infographics](#)

[URMC Developmental Behavioral Pediatrics Tool-Kit on wearing a mask](#)

Talking about Coronavirus with Kids:

[Meet the Helpers](#)

[American Psychological Association Kid's Books](#)

[KidsHealth.org](#)

Other:

[Back to School](#)

[Children's Mental Health](#)

[Parenting- Parents Helping Parents](#)

[Helping Teens with Social Distancing](#)

Sincerely,

URMC Pediatric Behavioral Health & Wellness