**Facebook Posts**

**Health Information on COVID-19**

The Centers for Disease Control and Prevention (CDC) is a great place for information about the Coronavirus, like tips on how to keep your children healthy while school is out. Follow the link to learn more about how to take steps to protect your children, and others, from getting sick.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

What should you do if you are sick? Follow the steps below to ensure you are taking care of yourself and others in your community.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Handwashing can be a family activity! Parents and caregivers can play an important role in teaching children to wash their hands. Teach kids in just 5 easy steps: wet, lather, scrub, rinse, and dry. Life is better with clean hands!

<https://www.cdc.gov/handwashing/pdf/family_handwashing-508.pdf>

Have you made cloth masks for you and your family, yet? Making a cloth face covering at home is simple! The CDC recommends wearing a mask to cover your nose, mouth, and chin when you are in public. Cloth face masks should not be placed on children younger than 2 years old.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Parents: It is NOT safe to mask a baby! Here is what every parent needs to know about keeping kids under 2 safe during the COVID-19 pandemic: <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/04/mask-safety-101>

**Taking care of you and your family’s mental health**

Looking for tools to address your #mentalhealth concerns during the #coronavirus pandemic? Check out the official #COVID19 Mental Health Resource Hub now:

<https://psychhub.com/covid-19/>

May is Mental Health Awareness Month! Research shows that practicing gratitude – thinking about the good things in our lives—helps support health, happiness and strengthens our resilience. *On Our Sleeves* has created a “Growing Our Gratitude” activity so you and your family can practice growing gratitude each day.

https://www.nationwidechildrens.org/giving/on-our-sleeves/get-involved/gratitude

Social distancing during COVID-19 can be especially hard for teens, who can feel cut off from their friends, and are missing big events like prom or graduation. Here are a few ways that you can help your teen through this difficult time.

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

What to do if your high school senior is struggling during the COVID-19 pandemic:

[https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/04/high-school-senior](https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/04/high-school-senior?utm_source=facebook&utm_medium=referral&utm_campaign=facebook&utm_content=post-photolink)

**Resources to help you during COVID-19**

Individuals and families can find links to local, state, and federal resources and information on unemployment assistance, health insurance relief, school meals, and more at the Ohio Department of Health coronavirus website. <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/employers-and-employees/Resources-for-Individuals-and-Families/resources-for-Individuals-Families>

Are you looking for reliable, up-to-date information about resources in the Columbus area for children and families? CAP4Kids will help you find community agencies that improve the lives of children and families.

[www.Cap4kids.org/Columbus](http://www.Cap4kids.org/Columbus)

Parents & caregivers can text the word “Food” or “Comida” (Spanish speaking families) to 877-877. It will ask for an address and populate a response with the closest food distribution sites for free food for kids 18 & under.

[www.nokidhungry.org](http://www.nokidhungry.org)

Single-Parenting and COVID-19: Here are some best practices to keep your family safe:

[https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/single-parenting](https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/single-parenting?utm_source=facebook&utm_medium=referral&utm_campaign=facebook)

**Cooped up at home?**

Are you working from home with kids? The experts at the Yale Child Study Center have some tips for parents about balancing work responsibilities with parenting.

<https://www.yalemedicine.org/stories/8-tips-work-at-home-with-kids-covid-19/>

You can tune into events every day with Ohio’s Public Libraries! From daily book chats to bedtime story time, find something for everyone in the family.

<http://library.ohio.gov/public-covid19-programs/>

Around the world, people of all ages have joined Mo Willems in his studio for weekday LUNCH DOODLES. Let the doodling continue! Please tag your artwork on social media **#MoLunchDoodles**so that we can all see it!

<https://www.kennedy-center.org/education/mo-willems/>

**Twitter Posts**

**Health Information on COVID-19**

The CDC is a great place for information about #COVID19. Learn about how to take steps to protect your children, and others, from getting sick.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

What should you do if you are sick? Follow these steps to take care of yourself and others in your community. #COVID19

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Handwashing can be a family activity! Teach kids in just 5 easy steps: wet, lather, scrub, rinse, and dry. Life is better with clean hands!

<https://www.cdc.gov/handwashing/pdf/family_handwashing-508.pdf>

Parents: It is NOT safe to mask a baby! Here is what every parent needs to know about keeping kids under 2 safe during the COVID-19 #pandemic. <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/04/mask-safety-101> #masksafety

**Cooped up at home?**

You can tune into events every day with Ohio’s Public Libraries. From daily book chats to bedtime story time, find something for everyone in the family!

<http://library.ohio.gov/public-covid19-programs/>

Around the world, people of all ages have joined Mo Willems in his studio for weekday LUNCH DOODLES. Tag your artwork on social media **#MoLunchDoodles**so that we can all see it!

<https://www.kennedy-center.org/education/mo-willems/>

**Resources to help you during COVID-19**

Parents & caregivers can text the word “Food” to 877-877to find the closest free food distribution sites for kids 18 & under.

[www.nokidhungry.org](http://www.nokidhungry.org)

Single-Parenting and COVID-19: Here are some best practices to keep your family safe:

[https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/single-parenting](https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/single-parenting?utm_source=facebook&utm_medium=referral&utm_campaign=facebook)

**Managing you and your family’s mental health during COVID-19**

Looking for tools to address your #mentalhealth concerns during the #coronavirus pandemic? Check out the official #COVID19 Mental Health Resource Hub now:

<https://psychhub.com/covid-19/>

What to do if your high school senior is struggling during the COVID-19 pandemic:

[https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/04/high-school-senior](https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/04/high-school-senior?utm_source=facebook&utm_medium=referral&utm_campaign=facebook&utm_content=post-photolink)

**Want more content to share on your social media pages? The Ohio AAP chapter is also creating social media toolkits! Check it out here:** [**http://ohioaap.org/covid19resources**](http://ohioaap.org/covid19resources)