**Facebook Posts**

**Mental health and coping during the pandemic**

The CDC developed a **COVID-19 Parental Resource Kit** to help support parents & caregivers in recognizing children’s social, emotional and mental health challenges.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>

Listen to the Dr. Mike’s Pediacast – Mental Fitness During a Pandemic. Parents and children have many feelings these days, including anxiety, anger, depression and disappointment. These are normal responses to our new reality. We explore the feelings and share practical tips for weathering the storm. <https://www.pediacast.org/mental-fitness-pandemic-pediacast-458/>

Listen to the Dr. Mike’s Pediacast – Preventing Child Abuse During a Pandemic. Child abuse and neglect occur even as families stay home. And yet reports of abuse are down because teachers, medical providers and community partners have less contact with the families they serve. Here are tips for supporting families and preventing child abuse during these difficult days. <https://www.pediacast.org/preventing-child-abuse-pandemic-pediacast-461/>

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. COVID-19 is frightening, and you are not the only one feeling stressed. Here are some tips to help you cope. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html>

​​​​​​​​​​​​​​​​​​The ongoing stress, fear, grief and uncertainty created by COVID-19 pandemic can wear anyone down, but children and teens may have an especially tough time coping emotionally. Check in with your child and watch for signs they are struggling. And don't forget that your pediatrician is here to help!

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

**COVID-19: Community resources and assistance**

CAP4Kids is continuing to update their list of community resources during COVID-19. This includes food and meal resources, housing and utilities, employment and financial help, mental health and coping support, and other general community programs. <https://cap4kids.org/columbus/coronavirus/>

There are many free meal and food assistance programs available to you during COVID-19. See all the places you and your family can go if you need free food and meals.

<https://cap4kids.org/columbus/files/2020/09/COVID-19-RESOURCES-Updated-9.4.20.pdf?utm_source=Cap4Kids+E-Tips&utm_campaign=68522ba167-CAP4Kids+December+2020&utm_medium=email&utm_term=0_af84957ec2-68522ba167-%5BLIST_EMAIL_ID%5D&ct=t%28CAP4Kids+December+2020%29>

**COVID-19 Vaccine information**

***\*Please be aware that social media posts about immunizations may result in negative comments from parents/followers. If this happens, do not engage! If someone is using foul language in their comments, feel free to delete. You can also hide a comment. This means it is still visible to the person who wrote it but not to others.***

Now that there is an authorized and recommended vaccine to prevent COVID-19 in the United States, here are 8 things you need to know about the new COVID-19 Vaccination Program and COVID-19 vaccines.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/8-things.html>

Experts at Nationwide Children’s Hospital answer your most common questions about the COVID-19 Vaccine: <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/12/6-things-know-covid-19-vaccine>

**Twitter Posts**

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