

AboutKidsHealth

A-Z | Learning Hubs | Healthy Living | Just for Kids

Special Edition Newsletter

Helping you stay informed during the COVID-19 pandemic

To learn more, visit: www.aboutkidshealth.ca/COVID-19



COVID-19 learning hub

Find resources on COVID-19 and how to help you cope, including resources on how to support your child's mental health and general wellbeing through physical activity, sleep, nutrition and learning.



How to talk to your child about COVID-19

Parents and caregivers play an important role in making sure their children receive honest and accurate information during the COVID-19 pandemic.



Coping with separation from family and friends

Many children and adolescents are separated from their family and friends due to the COVID-19 pandemic. Learn some ways to help your child or adolescent cope and stay connected.



Is my child or adolescent stressed about COVID-19?

Learn how children and adolescents express stress through their thoughts, feelings and behaviours. Find some strategies on how you can help your child.

About Us

AboutKidsHealth.ca provides parents, children and health-care providers with free, evidence-based information about everyday health and complex medical conditions. AboutKidsHealth.ca features an extensive collection of information on child development, common health problems and health care.

SickKids

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