

This guide was created to highlight some resources that may be useful to your family during this challenging and stressful time. **This is not meant to be a comprehensive guide and we encourage you to reach out to the MN Adopt HELP Warmline to get specific supportive resources for your needs and/or your family's needs.** If you have any questions about this resource guide or if you're looking for supportive services, please don't hesitate to reach out to the HELP Warmline by phone at (612) 746-5137 or by email at help@mnadopt.org.

****If viewing this document electronically, click on the hyperlinks to be directed to the resource website.**

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Stay Informed – National & Local Updates

Center for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Minnesota Department of Health (MDH): <https://www.health.state.mn.us/diseases/coronavirus/index.html>

Center for the Study of Traumatic Stress (CSTS): <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

Parenting Resources

Articles

- **Child Mind Institute:** *Supporting Kids during the Coronavirus*, <https://bit.ly/2QOpDoX>
- **Child Mind Institute:** *Supporting Families During COVID-19*, <https://childmind.org/coping-during-covid-19-resources-for-parents/>
- **National Child Traumatic Stress Network (NCTSN):** *Simple activities for children and adolescents: Parenting while sheltering in place*, <https://www.nctsn.org/resources/simple-activities-children-and-adolescents>
- **NCTSN:** *Parent/Caregiver Guide for Helping Families Cope with Coronavirus Disease (COVID-19)*, https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf
- **McLean Hospital, Harvard Medical School Affiliate:** *Caring for Your Mental Health Despite the Coronavirus*, <https://www.mcleanhospital.org/news/caring-your-mental-health-despite-coronavirus?sfns=mo>
- **NPR:** *Just for kids: A comic exploring the new coronavirus*, <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

MN Adopt Webinar Library

Check out MN Adopt's Webinar Library to add more tools to your parenting toolbelt. We've highlighted a few to consider below. Webinar Library: <https://www.mnadopt.org/education/webinar-library/>

- *From 0-60 and Back Again: De-escalation and crisis management strategies for parents* with Ed Morales. Learn more: <https://bit.ly/3a8GSbV>
- *Defiance & Disrespect: Battles over homework and chores* with Brenda Benning. Learn more: <https://bit.ly/3a9XWyb>
- *What's the Meaning of This? Getting a New Perspective on Your Child's Behavior* by Bonnie Harris, M.S. Ed. Learn more: <https://bit.ly/33DctAe>
- *Hand in Hand Parenting: Simple Practice that Heal Children with Trauma* by Maya Coleman, Ph.D. and Patty Wipfler. Learn more: <https://bit.ly/399ItNz>

Health & Wellness

Telehealth / Telemedicine Coverage

Contact your medical and mental health providers to ask about their telehealth process so you can continue receiving necessary care at your residence (i.e. by phone or video conference call). Telehealth services should be covered by your insurance company according to an emergency signed into Minnesota law by Governor Tim Walz on March 17, 2020 (see the emergency bill below). The emergency bill states that health insurance companies “shall not exclude or reduce coverage for a health care service or consultation solely because the service or consultation is provided via telemedicine directly to a patient at the patient’s residence.” This includes all mental health services provided by a licensed mental health professional (LICSW, LPCC, LMFT, LADC). See Article 3, page 8 of bill SF No. 4334 for more information:

https://www.revisor.mn.gov/bills/text.php?session=ls91&number=SF4334&session_number=0&session_year=2019&version=list&format=pdf

At-Home Health & Wellness Activities

- **YMCA 360** – YMCA’s YouTube channel includes yoga and fitness videos—all under 30 minutes—to keep you moving: <https://ymca360.org/>
- **Insight Timer** – Meditation app and website with a free library that offers thousands of options for adults, teens, and kids: <https://insighttimer.com/>
- **GoNoodle** – These movement and mindfulness videos are created by child development experts for kids: <https://www.gonoodle.com/>
- **Calm Corner Feelings Check-In & Calming Strategies Choice Board by Counselor Keri** – <https://shop.counselorkeri.com/products/calm-corner-feelings-check-in-and-calming-strategies-choice-board-for-a-file-folder>
- **Mindfulness Activities for Kids** by Blissful Kids — <https://blissfulkids.com/mindfulness-and-the-brain-how-to-explain-it-to-children/>
- **Cosmic Kids Yoga** – <https://www.youtube.com/user/CosmicKidsYoga>

At-Home Learning Activities for Kids & Teens

- **20 Learning Activities to Keep Kids Busy** by Understood.org: <https://u.org/3deWGvH>
- **Top 25 Podcasts for Kids & Teens** by Common Sense Media: <https://www.commonsensemedia.org/blog/the-best-podcasts-for-kids>
- **Free Audible Books** – Audible is offering free streaming of audiobooks while schools are closed: <https://stories.audible.com/start-listen>

- **Scholastic Learn at Home** – Day-by-day projects to keep kids reading, thinking, and growing: <https://classroommagazines.scholastic.com/support/learnathome.html>
- **Children & Nature Network** – Outdoor activities to help connect your family to nature: <https://www.childrenandnature.org/>
- **Starfall** – Activities and games that assist children in growing their reading capacity K-3. <https://www.starfall.com/h/>

Online Groups for Parents & Caregivers

- **NACAC Online Groups**
The North American Council on Adoptable Children (NACAC) has several online groups hosted through private Facebook groups for adoptive, foster, and kinship caregivers. To join NACAC’s online groups visit its website or complete its Online Group survey by clicking the link below.

Online Group Survey: <https://www.surveymonkey.com/r/PCGCJ72>

NACAC Group Webpage: <https://www.nacac.org/connect/support-for-minnesota-adoptive-families/>
- **Adoption.com**
This online forum option has been identified from numerous adoptive, foster, kinship and birth parents to be a helpful way to be connected with—and learn from—other parents around the country (and world). People can read and share their experiences in whatever way feels right for them.

Website: <https://adoption.com/forums>
- **Family Voices of Minnesota** (not adoption-specific)
Family Voices provides virtual support groups for parents with a child who has special health care needs or disabilities. They also have a parent-to-parent peer support program where you will get connected with another parent who has a child with similar needs or experiences.

Phone: (612) 440-1609 Email: connected@familyvoicesmn.org
Website: <http://familyvoicesofminnesota.org/parent-groups>
- **NAMI Online Parent Resource Support** (not adoption-specific)
The National Alliance on Mental Illness (NAMI) Minnesota’s online Parent Resource group is the perfect solution for parents who cannot attend a group in person. You can talk live to real people from the comfort of our home by using a computer, tablet, or smartphone to connect to your peers. These groups are help parents discover resources to meet the challenges of raising a child with a mental illness, learn coping skills, and develop problem-solving skills.

Contact: Jennie at jenniebrinkworth@gmail.com
Website: <https://namimn.org/support/resource-groups-parents-children/>
- **NAMI Parent Warmline** (not adoption-specific)

Feeling isolated and overwhelmed by your child’s behaviors or mental illnesses? Not sure where to start or who to talk to? No time to attend support groups or classes? Even phone calls a challenge? Connect with a Certified Peer Specialist through NAMI’s parent email warmline.

Phone Warmline: (651) 288-0400 or text “Support” to 85511

Email Warmline: parent.resources@namimn.org

- **Attachment Trauma Network** (not adoption-specific)
ATN hosts private, online peer-to-peer support groups that are moderated 24/7 by experienced therapeutic parents. These groups are for families providing primary care to a child with attachment and trauma issues. ATN will place you in a group that best meets your needs based on the information you provide. Membership is FREE for parents and caregivers.

Website: <https://www.attachmenttraumanetwork.org/needhelp/#supportgroups>

Podcasts & Blogs to Follow

- **AdoptUSKids Blog** - Stories from adoptees, adoptive families, and adoption caseworkers. Blog: <https://blog.adoptuskids.org/category/family-life/>
- **Harlow’s Monkey Blog** – Discusses transracial and transnational adoption. Blog: <https://harlows-monkey.com/>
- **April Dinwoodie Podcast** – Candid interviews that discuss and unravel all matters surrounding adoption. Podcast: <https://aprildinwoodie.com/the-podcast>
- **Out of the Fog Podcast**– Aims to break the shame and isolation surrounding the lives of those affected by family separation through frank and open conversation. Podcast: <http://www.outofthefog.news/>
- **EmbraceRace Blog**– Community of support for raising kids in a world where race matters
 - Blog: <https://www.embracerace.org/resources/articles>
 - Webinars: <https://www.embracerace.org/resources/webinars>
 - Action Guides: <https://www.embracerace.org/resources/action-guides>

Book & Film Lists

- **Tapestry Books** – Specializes in adoption related books and resources for adoptive families, birth families, adoptees, and adoption professionals. Website: <https://tapestrybooks.com/>
- **Center for Adoption Support & Education (C.A.S.E.)** – Adoption-focused book lists, film lists, and factsheets. Website: <https://adoptionssupport.org/education-resources/for-parents-families/free-resources-links/>

- **Jessica Kingsley Publishers, Adoption List** – Lists reviews by professionals and families on books related to adoption, trauma, and parenting. Website: <https://www.jkp.com/usa/parenting/adoption.html>
- **EmbraceRace** – Lists of multicultural and diverse books from around the web. Website: <https://www.embracerace.org/resources/childrens-books>

Stay Connected

Stay connected to loved ones, colleagues, and even medical providers with video conferencing. There are several free options to choose from accessible by phone, computer, and tablet:

- **Zoom** – First 40 minutes of a call is free. Learn more: <https://zoom.us/>
- **Google Hangouts** – Free up to 10 participants, need a Gmail account. Learn more: <https://hangouts.google.com/>
- **Skype** – Free up to 50 participants, unlimited amount of time. Learn more: <https://www.skype.com/en/>

Online Safety

Zero Abuse Project

The Zero Abuse Project provides useful tips and resources to help promote online safety for kids and teens. Check out their Online Safety Tips, Social Media Tips for Parents, Cyberbullying Prevention, and more on the Zero Abuse Project website: <https://www.zeroabuseproject.org/victim-assistance/jwrc/keep-kids-safe/online-safety/>