

## COVID-19 information to our families

COVID-19 has created major changes in almost everyone's life. Our purpose is to provide reliable information available to our families about fussy baby, questions about formula, how to explain children their role to prevent infection, how to help children of different age group understand new normal routine and continue learning while at home, how to help mental health and anxiety of adolescents and children with special Health Care needs from Bright Future from American Academy of Pediatrics.

<https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx>

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### [Are there shortages of infant formula due to COVID-19? - HealthyChildren.org](https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx)

www.healthychildren.org

Shortages of infant formulas due to COVID 19 have occurred in some stores, mostly due to people stockpiling it. Here are tips for families struggling to find infant formula during the COVID 19 outbreak

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<https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx>

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### [Tips for Coping with a New Baby During COVID-19 - HealthyChildren.org](https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Tips-for-Coping-with-a-New-Baby-During-COVID-19.aspx)

www.healthychildren.org

Social distancing during the COVID-19 outbreak can make caring for a newborn extra challenging and stressful. Here are tips for new parents on managing frustration, isolation, and exhaustion during the first few months of their infant's life.

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<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>

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### [Working and Learning from Home During the COVID-19 Outbreak - HealthyChildren.org](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx)

www.healthychildren.org

To help slow the spread of the coronavirus (COVID-19), many families are working and learning at home. Here are tips to help families cope with social distancing until the virus is under control.

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<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

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### [2019 Novel Coronavirus \(COVID-19\) - HealthyChildren.org](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx)

www.healthychildren.org

COVID-19 was discovered in December 2019 and has now spread throughout the world. While there is currently no vaccine to prevent COVID-19, here are a few things you can do to keep your family healthy.&nbsp;

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<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/COVID-19-Information-for-Families-of-Children-and-Youth-with-Special-Health-Care-Needs.aspx>

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### [COVID-19: Information for Families of Children and Youth with Special Health Care Needs - HealthyChildren.org](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/COVID-19-Information-for-Families-of-Children-and-Youth-with-Special-Health-Care-Needs.aspx)

www.healthychildren.org

Children with special health care needs may be at increased risk for complications from COVID 19. Here are things that parents can do to

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keep their children with special health care needs safe during the COVID 19 outbreak.

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[https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

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### [Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home - HealthyChildren.org](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

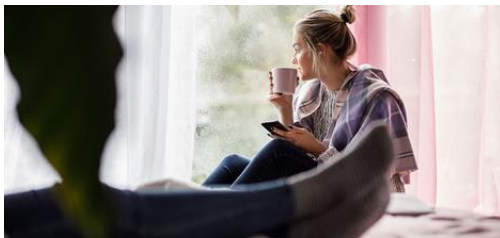
[www.healthychildren.org](http://www.healthychildren.org)

Calmly teaching your child good behavior can become more difficult during stressful times. The American Academy of Pediatrics offers these tips for families facing long periods of time holed up at home during the COVID-19 outbreak.

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

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### [Teens & COVID-19: Challenges and Opportunities During the Outbreak - HealthyChildren.org](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx)

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

COVID 19 social distancing can be hard for teens, who may feel cut off from friends. These tips from the American Academy of Pediatrics can help.

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<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Social-Distancing-Why-Keeping-Your-Distance-Helps-Keep-Others-Safe.aspx>

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Social distancing only works  
if we all participate.  
And slowing down or preventing  
the spread of the virus  
will save lives.



**We all are responsible for protecting  
those at higher risk.**

[Social Distancing: Why Keeping  
Your Distance Helps Keep  
Others Safe -  
HealthyChildren.org](#)

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