

Many adults are wondering how to discuss the coronavirus in a way that will be reassuring and not make kids more worried than they already may be. Fortunately, there are some great resources from our youth wellness partner, [South Bay Families Connected](#), that can help. Please visit the following links to the SBFC website for:

- Tips on [how to talk with our kids about the coronavirus](#).
 - Featured tip from Child Mind Institute: "**Take your cues from your child.** Invite your child to tell you anything they may have heard about the coronavirus, and how they feel."
- Strategies for [mindful parenting](#) during this stressful time, and well beyond.
- Support and resources to [help our kids cope with stress and anxiety](#) in healthy ways.

These resources pages, and more, can also be accessed from this month's free [SBFC e-newsletter](#) . You may also visit our own [PVPUSD Families Connected webpage](#) for additional youth wellness resources on a wide variety of topics.