



Links to Resources

Parenting in Context Research Brief

- https://www.parentingincontext.org/uploads/8/1/3/1/81318622/research_brief_stress_and_parenting_during_the_coronavirus_pandemic_final.pdf

AAP: Finding Ways to Keep Children Occupied During this Challenging Time

- <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Finding-Ways-to-Keep-Children-Occupied-During-These-Challenging-Times-.aspx>

Chicago Parent Program Video Clips (including Child Centered Time & Family Routines)

- <http://chicagoparentprogram.org/cpp-materials-and-services/dvd-previews>

WHO Healthy Parenting – Ways to Spend Child-Centered Time with Kids of Different Ages

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>

8 Ways a Child's Anxiety Shows Up As Something Else

- <https://gozen.com/8-ways-a-childs-anxiety-shows-up-as-something-else/>

Creating a Flexible Daily Schedule

- <https://www.superhealthykids.com/parenting/at-home-flexible-daily-schedule-for-kids/>

Take 5 Breathing Break

- <https://childhood101.com/take-5-breathing-exercise/>

1-Min Relaxation Exercise (WHO)

- https://www.who.int/docs/default-source/coronaviruse/healthy-parenting/english-tip-5-covid-19-parenting.pdf?sfvrsn=1b3ee706_2

Sesame Street Health Emergencies Resource Collection

- <https://sesamestreetincommunities.org/topics/health-emergencies/>

Family Media Plan

- <https://www.healthychildren.org/English/media/Pages/default.aspx>

BHIPP Resources

- Consultation Line for Pediatric PCPs: 1-855-MD-BHIPP (632-4477)
- Monthly e-newsletter
 - Archive: <https://mdbhipp.org/newsletter.html>
 - Sign up here: <https://mdbhipp.org/contact.html>
- COVID-19 Resource Page: <https://mdbhipp.org/covid-19-resources.html>
- Follow us on Twitter: [@MDBHIPP](https://twitter.com/MDBHIPP)

Crisis Hotline Numbers:

- Maryland's Helpline is available 24/7 to provide support, guidance, and assistance. Please call 211 and select option 1, text your zip code 898-211, or visit 211MD.org
- The Baltimore City 24-hour, 7-days per week Crisis, Information & Referral Line is 410-433-5175. Callers can receive support and be linked with mental health and substance use disorder treatment and other recovery services.
- Maryland Family Tree 24/7 Parenting HelpLine: 1-800-243-7337