



COVID-19 Coronavirus Patient Resources

Hearing about the COVID-19 pandemic can be overwhelming, and anxiety provoking for families and their children. We have gathered a few resources to help you talk to your kids about COVID-19, along with some mental health resources.

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Canadian Pediatric Society

This blog includes advice on how to talk to your kids about COVID-19

<https://www.cps.ca/en/blog-blogue/how-can-we-talk-to-kids-about-covid-19>

Caring for Kids

This website for families from the Canadian Pediatric Society (CPS). They have lots of good information about parenting and common questions from families. They have information on COVID-19, along with how to help children cope with stressful events

<https://www.caringforkids.cps.ca/handouts/the-2019-novel-coronavirus-covid-19>

<https://www.caringforkids.cps.ca/handouts/disaster>

Healthy Children

This website for families from the American Academic of Pediatrics. Similar to CPS they have info parenting during a pandemic as well as how it affect teenagers

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

[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)

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

Covibook

A free children's book explaining COVID-19 in several languages (including but not limited to English, French, Spanish, Arabic)

www.mindheart.co/descargables

Counselor Keri Youtube video

Explains coronavirus in a way that is easy for older children to understand

<https://youtu.be/kiVpWZBXLug>

Brainpop

This website has a video explaining how virus spreads and how to decrease that spread

www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/

CovidHope

A Calgary-based psychiatrist started this website with lots of great COVID resources

<https://www.covidhope.net/>



Alberta Health Services

Help In Tough Times pages has lots of resources and handouts. Here are a few over our favourites:

- Video explaining distress and anxiety, and tips for Mindfulness
<https://www.albertahealthservices.ca/topics/Page17012.aspx>
- AHS Text4Hope program
<https://www.albertahealthservices.ca/topics/Page17019.aspx>
- Help in Tough Times
www.albertahealthservices.ca/amh/Page16759.aspx

Anxiety Canada

Infinity Pediatrics favourite anxiety website with lots of anxiety resources. They have also developed COVID specific resources
www.anxietycanada.com/covid-19/

Apps for Anxiety

Mindshift is the free app from Anxiety Canada

www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/

Headspace is offering free meditations for COVID-19

<https://www.headspace.com/covid-19>

Calm App has also developed free resources during the pandemic

<https://blog.calm.com/blog/free-resources>

Look at your favourite mindfulness app to see if they have resources on COVID-19

Stay updated about COVID-19 and how Infinity Pediatrics will operate during COVID-19 by looking at our Infinity Pediatrics COVID-19 Patient Handout.

Infinity Pediatrics suggests you visit our Mental Health Resources Handout, which includes information about how to find a counsellor in Calgary. There is also information on mental health crisis resources.