



220-5010 Richard Rd SW  
Calgary, AB T3E 6L1

P: 403 727 5055  
F: 403 727 5011

info@infinitypediatrics.ca  
www.infinitypediatrics.ca

Dr. Lauren Redgate  
Dr. Kristin Evashuk  
Dr. Emery Weber  
Dr. Caroline Chee  
Dr. Ernst Hoppenbrouwers  
Dr. Katie Soper  
Dr. Vicky Mah  
Dr. Sergei Reznikov

## **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.

### **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-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](http://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/](http://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](http://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/](http://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/](http://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.*