

Wellbeing of the Young Child:

Helpful Resources to Make the Best of Parenting in the age of COVID



We know your **child's health** is important to you. Taking care of your children's **MENTAL health** is just as important as taking care of their physical health. **COVID Recovery Iowa** has many services for kids AND their parents. Taking care of yourself is the first step in taking care of your family.

Brought to you by **COVID Recovery Iowa**



FEMA



PARENTING IN A PANDEMIC

TELL ME A STORY

ZOOM SUPPORT GROUPS FOR PARENTS

FREE VIRTUAL COUNSELING

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www.COVIDrecoveryiowa.org

IOWA CONCERN 800-447-1985 | IOWA WARM LINE 844-775-WARM | SPANISH LINE 531-800-3687

Parenting in a Pandemic. Our **Facebook** group offers ideas to help parents get through each day. We offer thought-provoking conversation-starters, fun activities, and Tuesdays we present a live event with experts in many parenting fields such as medical doctors, play therapists, and self-care specialists.

Tell Me a Story. In need of 5 minutes to finish a task or an activity to add routine to your day? Join our **Facebook** group and you'll find a new story reading each morning. Celebrity readings too! We have additional books on **YouTube**, with activities to go with the books – just click on “show more” after the book description.

Zoom Support Groups for Parents. For information and registration: contact mandy.gesme@pathwaysb.org

FREE Virtual Counseling. Sometimes, it just helps to have someone listen. We offer FREE confidential counseling to all Iowans:

- **Iowa Warm Line, 844/775-9276:** connect with a peer counselor or request to be connected to a COVID Recovery Iowa counselor. Available Daily 8 AM to 2 AM
- **Iowa Concern Line, 800/447-1985:** provides 24/7 access to stress counselors and other resources.
- **Spanish language line: 541/800-368.** Answered Live in Spanish: Se responde en Español. Please leave a voicemail if you don't get a live representative.



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