



*National Federation of Families
for Children's Mental Health*

Resources for Families to Use at Home

During this unusually stressful time, our focus remains on families. In an effort to support parents, caregivers, children and youth, we want to share as many helpful resources as we can without continually adding to the "noise" of our cluttered inboxes. We have centralized information and resources for families in two places. We invite you to learn more and to check them out below.



New Home Resources Facebook Page

Follow [@NationalFederationHomeResources](https://www.facebook.com/NationalFederationHomeResources)

We created a new Facebook page where we are sharing activities, educational resources, crafts, virtual experiences and more that parents can use while their children are at home. We encourage you to follow this new page and to share it on your social media channels, with your staff members and with the families you serve. We will continue to add materials there that can help parents with planning their day and building a routine that will support their children's mental health while schools are closed.



Important Tip: In addition to following and liking the page, we encourage you to scroll through the recent posts. We have added a lot of resources in the last three days.

Like and Follow the Page

New and Expanded Pinterest Boards

Visit [our Pinterest Boards](#)

If you have visited our Pinterest boards in the past, you know we have a terrific collection of materials there that cover a wide range of mental health and other topics.

We have been adding to these to expand on activities and materials parents and caregivers can use at home. We have also created a new board that offers [tips and information for parents](#) about talking to their children about the coronavirus.



Linked below are a few of the Pinterest boards we hope you will find helpful:

- [Distance Learning](#)
- [Family Activities](#)
- [Family Life](#)
- [All About Me](#)
- [Technology and App Recommendations](#)
- [Family Conversation Starters](#)
- [Children's Mental Health Activities](#)
- [Coronavirus Resources](#)
- [Mindfulness](#)

Visit Our Pinterest Boards

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