

RESOURCES TO HELP WITH CONVERSATIONS

Helping Kids Navigate Anxiety Podcast—In this episode, Sissy Goff, Director of Child and Adolescent Counseling at Daystar Counseling Ministries in Nashville, Tennessee, shares tools for leaders helping kids process anxiety. [Click here](#).

Managing Fear and Anxiety During a Health Pandemic—a blog post for parents on managing anxiety during any number of life disruptions: [Click here](#).

Anxiety Conversation Guides—Helping a child with anxiety is a challenge. Parents can download these age-appropriate resources to find tips and practical ways to help their children.

[Preschool](#)

[Elementary & Preteens](#)

National Public Radio (NPR) cartoon for children about Coronavirus
[Click here](#).

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