

# Helpful links for parents:

**Managing Fear and Anxiety During a Health Pandemic - a blog post for parents on managing anxiety during any number of life disruptions.**

<https://bit.ly/2Q6kJTGANxiety>

**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** - <https://bit.ly/33eSacgElementary> - <https://bit.ly/38LkjZs>
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