



Atlanta Children's Clinical Center, P.C.

March 27, 2020

To the patients and families of ACCC:

We sincerely hope that everyone is well and holding up under these uncertain times of quarantine and social distancing, working from home and online schooling. We have compiled some resources for you.

**his one is on why social distancing is important:**

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Social-Distancing-Why-Keeping-Your-Distance-Helps-Keep-Others-Safe.aspx>

**How to talk to your children about the pandemic:**

<https://www.cnn.com/2020/03/05/health/coronavirus-how-to-talk-to-children-trnd/index.html>

**These are some options for things to do at home:**

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>

<https://www.khanacademy.org/>

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

**Virtual story time:** <https://www.bklynlibrary.org/calendar/virtual-storytime-virtual-20200323-0>

**Free coloring sheets:** <https://www.crayola.com/featured/free-coloring-pages/>

<https://www.orientaltrading.com/craft-and-hobby-supplies/coloring/free-printable-coloring-pages-a1-554625-1.fltr>

**Lunch doodles with Mo Willems:** <https://www.youtube.com/watch?v=RmzjCPQv3y8>

**Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>

**Science:** <https://californiasciencecenter.org/stuck-at-home-science>

**Meditation & Mindfulness apps:** Stop, Breathe & Think, UCLA Mindfulness, Smiling Mind, 10% Happier, Headspace

**Recipes:**

[https://www.parents.com/recipes/nutrition/parents/healthy-dinner-recipes/?slide=slide\\_9649878c-061d-4d31-9ba3-404121d6f325#slide\\_9649878c-061d-4d31-9ba3-404121d6f325](https://www.parents.com/recipes/nutrition/parents/healthy-dinner-recipes/?slide=slide_9649878c-061d-4d31-9ba3-404121d6f325#slide_9649878c-061d-4d31-9ba3-404121d6f325)

Again, we thank you for your trust in us as your pediatricians. Please remember that the office is still open for both **sick and well** visits. We have also ramped up **telemedicine** for some issues that do not require a hands on physical exam. Please do not hesitate to call us with any questions or concerns you have. We are always happy to speak with you. Don't forget to get out and enjoy the spring weather!

Drs. Maxey, Chugani, and Ference