



Kids These Days Podcast

SELF-CARE

Deep Dive Resource



Self-Care Resources

The following are links to sources used in our Self-Care episode.

-VIRTUAL KIT: Building Resiliency in Children and Families (2017)

<http://kskits.org/sites/kskits.drupal.ku.edu/files/docs/BuildingResiliency%20%282017%29.pdf>

-VIRTUAL KIT: Understanding and Embracing Your Stress Through Self-Care

http://kskits.org/sites/kskits.drupal.ku.edu/files/docs/Understanding_Embracing_Your_Stress_Self-Care%282018%29.pdf

-VIRTUAL KIT: Staff Morale

http://kskits.org/sites/kskits.drupal.ku.edu/files/docs/Staff_Moral.pdf

-Devereux Center for Resilient Children WEBINARS:

<https://centerforresilientchildren.org/home/webinars/>

-Devereux Center for Resilient Children "Building Your Bounce"

<https://centerforresilientchildren.org/adults/assessments-resources/>

-Zero to Three Young Children at Home during the COVID-19 Outbreak: The Importance of Self-Care

<https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>

-Zero to Three Self-Care Video: <https://www.zerotothree.org/resources/23-self-care>

-Harvard How to Help Families and Staff Build Resilience During the COVID-19 Outbreak

<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>



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