



Resources for Families of Individuals with Special Needs during Coronavirus Outbreak

Simple Explanations of Coronavirus in Multiple Languages

https://www.inclusion-europe.eu/easy-to-read-information-about-coronavirus/?fbclid=IwAR2Vvh4boEFDkPZ4t8smyN9dlud4f-qI7fwLKGkgiaBwQOoGaTho_WiZiAc

Guidance on Educating and Providing Services to Individuals with Disabilities

***Questions and Answers on Providing Services to Children with Disabilities during the Coronavirus Disease 2019 Outbreak (March 2020)**

<https://sites.ed.gov/idea/idea-files/q-and-a-providing-services-to-children-with-disabilities-during-the-coronavirus-disease-2019-outbreak/>

***Resources that Support Distance Learning**

<https://www.cde.ca.gov/ls/he/hn/appendix1.asp#four>

New COVID-19 Guidance for K-12 Schools

<https://www.cde.ca.gov/ls/he/hn/guidance.asp>

Other Free and Informational Resources

***AnswersNow**

<https://my.getanswersnow.com/referral/STAYATHOME>

Notes: This app gives families 1:1 access to a BCBA; they are offering a month of services for free!

Financial, Free Food Banks, Tax Deadline Delay Information, etc.

https://docs.google.com/document/d/1vkSlleeLv_QZLSFwdXxEtlt7Wugp-AFuy50V7AsBaD4/view

Free Internet from Comcast

<https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essentials-package-free-for-60-months-during-coronavirus-outbreak>

Autism Speaks Resources on Coronavirus

<https://www.autismspeaks.org/news/covid-19-information-and-resources>

Note: The Early Support Program (ESPA) provides resource information only. ESPA does not specifically endorse any of the listed programs and cannot recommend any specific clinical treatment.



Social Stories about Coronavirus – how to talk to your kids about it

- [*Coronavirus Social Story](#)
- [Carol Gray Coronavirus Social Story](#)
- [How to talk to your child with ASD about frightening situations](#)
- [Flu picture story](#)
- [Visual supports: Social Story about not sharing germs](#)
- [Visual supports: Hand-washing steps](#)
- [How to talk to kids about COVID-19](#)

How to Explain a Global Health Crisis to Children with Autism

<https://www.psychologytoday.com/blog/neuroscience-in-translation/202003/how-explain-global-health-crisis-children-autism?eml>

Webinars and Articles about Supports while Home

***Tips for Parenting During a Pandemic (3/19/2020)**

<https://www.php.com/event/webinar-tips-for-parenting-during-a-pandemic-presenter-dr-damon-korb/>

***Resources for the New Reality: Coronavirus in the Special Needs Community (3/19/2020)**

https://zoom.us/webinar/register/WN_OrLkTkj9QPKVeWuDJm4wXw

Statewide Webinar on the Impact of Coronavirus on Individuals Receiving Regional Center Services in California (3/19/2020)

<https://zoom.us/j/994016509>

Making the Most of COVID-19 School Closures (by an occupational therapist)

<https://nesca-newton.com/making-the-most-of-covid-19-school-closures/>

***Keep Calm and Structure On: How to manage emotions and build structure at home during COVID-19**

<https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/>

8 SIMPLE STAY AT HOME IDEAS FOR CORONAVIRUS QUARANTINE

<https://larasandora.com/stay-at-home-ideas-coronavirus/>

Notes: See her many other posts about ideas at home

Note: The Early Support Program (ESPA) provides resource information only. ESPA does not specifically endorse any of the listed programs and cannot recommend any specific clinical treatment.



Autism/Special Needs Related Educational Resources for Parents Online

***Parents Helping Parents (PHP)** has online webinars about special education, public benefits, assistive technology, behavior, support, etc.

<https://www.php.com/e-learning-video-library/>

***Children's Health Council (CHC)** has many of their trainings and presentations online:

<https://www.chconline.org/community-connections/>

***Profectum**

<https://profectum.org/ppt/>

Notes: Online training for parents of young children in naturalistic, developmental strategies

ADEPT Training

<https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html>

Notes: Online training for parents in ABA strategies

Special Education Rights and Responsibilities (SERR) manual

<http://www.disabilityrightsca.org/pubs/PublicationsSERREnglish.htm>

Notes: Helpful manual about special education

How Parents can take care of themselves

Taking Care of Your Emotional Health

<https://emergency.cdc.gov/coping/selfcare.asp>

Managing Fear and Anxiety around Coronavirus

<https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf>

Tips to Quell Anxiety and Stress amid the Coronavirus Outbreak

<https://azbigmedia.com/lifestyle/tips-to- quell-anxiety-and-stress-amid-the-coronavirus-outbreak/>

*Check with your health plan about telehealth mental health services if needed.

Note: The Early Support Program (ESPA) provides resource information only. ESPA does not specifically endorse any of the listed programs and cannot recommend any specific clinical treatment.



Active Games/Activities to do at Home for Kids

***Energy Busting Indoor Games**

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/?fbclid=IwAR3-CcDmGjWUbxdo-fiyrb8RhUg4bjQbZ-o6gNnuRpYqllcWPXyFB5JGNQ>

***Go Noodle (movement and mindfulness videos)**

<https://www.gonoodle.com/>

Educational Online Activities for Kids

***List of Educational Companies Offering Free Subscriptions Due to School Closures**

<http://www.amazingeducationalresources.com/>

Arnold Advocacy – Special Education Advocate

<https://www.arnoldadvocacy.com/school-closure-resources/>

Scholastic Learn at Home

<https://classroommagazines.scholastic.com/support/learnathome.html>

Virtual Field Trips

https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR15NAQOd7vVYN4fJsdDReKGtWV-hcf44rFA7w59L9uWRNXrdvIj2vVLd1A

21 Educational YouTube Channels for Kids

<https://www.lifewire.com/best-educational-youtube-channels-for-kids-4176195>

Enrichment Activities for Children while Parents Work from Home

https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR3_RY5LQzgjMCCWoezsEs9fYK7WUCahz1xz_bE2hDkhBY7HglvHSf_9TUuA&sle=true#

Monterey Bay Aquarium Live Streaming Camera (watch their animals virtually, live)

https://www.youtube.com/user/MontereyBayAquarium/videos?shelf_id=18&view=2&live_view=501&sort=dd

Other Live Streaming Animal Options

<https://www.simplykyra.com/2018/11/21/streaming-animal-cameras/?fbclid=IwAR3JvvxMt29i8oxNGem-7y78jhFoy1ts1Le13dS3yMNwN-lcSCw1Q1p5nQ>

Note: The Early Support Program (ESPA) provides resource information only. ESPA does not specifically endorse any of the listed programs and cannot recommend any specific clinical treatment.



Other Activity Ideas to do at Home

Children's Discovery Museum – Virtual Museum (daily activity ideas)

https://www.cdm.org/virtual-museum/?utm_source=email&utm_medium=organic&utm_campaign=newsletter&utm_term=v_museum1

Lunch Doodle with Mo Willems (learn to draw with author of the Elephant and Piggie books)

<https://www.kennedy-center.org/education/mo-willems/>

The Big List of Children's Authors Doing Online Read Alouds and Activities

<https://www.weareteachers.com/virtual-author-activities/>

Places to Visit (please check rules regarding sheltering in place!)

Family Friendly Places Your Kids Will Love

https://kinparenting.com/family-friendly-places-near-me?category=National%20%26%20State%20Park&fbclid=IwAR3IH53MsPzU27ZxGPgKRUD04bRmA7wITL4vF_hkK4Gvn8mrkBQnmtk

Notes: Outdoor areas to explore – please check rules related to sheltering in place

Other Disability Resources

Superfest Disability Film Festival Online

https://sfsu.zoom.us/webinar/register/WN_jbfgIsLmR3OJQ41RdymBPg

Sproutflix Films (films exclusively featuring people with intellectual and developmental disabilities)

<http://sproutflix.org/>

Note: The Early Support Program (ESPA) provides resource information only. ESPA does not specifically endorse any of the listed programs and cannot recommend any specific clinical treatment.