

Resources for coping with the pandemic

How to talk with your kids about coronavirus:

For parents:

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019:

<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Other:

COVID-19 Autism Tool Kit: [https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-](https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf)

[resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf](https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf)

<https://www.autism-society.org/covid-19/>

Activities for home:

Cosmic Kids Yoga on YouTube

Go Noodle (www.gonoodle.com) "Movement and mindfulness videos created by child development experts"

Common Sense Media (www.commonsensemedia.org) "Navigate social distancing and school closures with quality media and at-home learning opportunities for your kids"

Resources for families:

CDC Webpage on Daily Life and Coping: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Mindfulness apps

Calm (www.calm.com)

headspace (www.headspace.com)

Insight Timer (www.insighttimer.com) *includes activities for kids

Ten Percent Happier (www.tenpercent.com)

<https://myemail.constantcontact.com/COVID-19-Resources-for-Parents-of-Children-with-Intellectual-or-Other-Developmental-Disabilities.html?soid=1114625386453&aid=7uHDuQQ0UDE>