

COVID-19 Resources for Parents of Children with Intellectual or Other Developmental Disabilities

The STRYDD Center - Supporting Trauma Recovery for Youth with Developmental Disabilities
Long Island Jewish Medical Center, Northwell Health

EXPERT ADVICE AND GENERAL RESOURCES

Providing General Support and Communicating with Children

For all families:

- National Child Traumatic Stress Network (NCTSN): [Supporting Children During Coronavirus \(COVID-19\)](#)
- American Academy of Child and Adolescent Psychiatry:
 - [Talking to Children about Coronavirus \(COVID-19\)](#)
 - [Helping Kids Cope While Sheltering in Place](#)
- Mental Health America: [How to Talk to Your Anxious Child or Teen About Coronavirus](#)
- Zero to Three: [Answering Very Young Children's Questions](#)
Also use for young school aged children with significant delays.
- Barbara Straud, Ph.D.: [Video on Supporting Young Children by Helping Them Feel Safe and Process Feelings](#)
- Center for the Study of Traumatic Stress: [Supporting Families of Healthcare Workers Exposed to COVID-19](#)

For families with a child with special needs:

- Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill: [Supporting Individuals with Autism through Uncertain Times](#)
Article and extensive toolkit ([available in multiple languages](#))
- Autism Journey: [Parent Voice on Helping Families with Special Needs During Public Health Crisis](#)

Providing Structure and Routines

For all children:

- NYU Langone Health: [School's Out: A Parent's Guide For Meeting the Challenge During the COVID-19 Pandemic](#)
Guide to structuring your child's day and processing emotions

For children with special needs:

- NYU Langone Health: [The Ultimate Change in Routine: Supporting Your Child with Autism through COVID-19](#)
- Keshet: [Five Tips for Parents of Kids with Disabilities During Coronavirus](#)
From organization supporting people with special needs of all age groups/ability levels
- [How-to ABA: Resources for Children with Autism During COVID-19](#)
For younger or more disabled, includes links to additional resources

Coping with Separation, Serious Illness, or Loss of a Loved One

- NCTSN: [Helping Children with Traumatic Separation or Grief Related to COVID-19](#)
- Massachusetts General Hospital (MGH) Parenting at a Challenging Time Program: [Supporting Children Facing the Serious Illness or Loss of a Loved One](#)
- Sesame Street in Communities: [Helping Kids Grieve](#)
Resources for helping younger and school-aged children process and cope with the death of a loved one and share their feelings with those who care for them
- MGH Down's Syndrome Program: [How to Help When Your Loved One is Grieving](#)
Addressing grief in an individual with Down's syndrome - relevant for other types of developmental disabilities

Parent Self-Care

Websites:

- Centers for Disease Control and Prevention (CDC) COVID-19 Website: [Stress and Coping](#)
- Parents: [Mastering Working from Home](#)
- VirusAnxiety: [Coping with Coronavirus Anxiety](#)
Free resources to help cope with anxiety induced by the current pandemic including meditations, resource lists, and Q&A's with mental health professionals.

Apps:

- National Center for Telehealth and Technology: [Breathe2Relax](#)
- [Calm](#) (Free 7-day trial, then \$12.99/month; limited portions available for free)
- [Headspace](#) (Free offers for some groups affected by COVID-19, currently some free web exercises)

Additional Sources Information

For all families:

- CDC: [COVID-19 Website](#) (also available in Spanish and several other languages)
- CDC: [COVID-19 ASL Videos](#)
- American Psychological Association (APA): [COVID-19 Resource Page](#)
- World Health Organization (WHO): [Mental Health and Psychosocial Considerations During the COVID-19 Outbreak](#)
- NCTSN: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease](#) (also in Spanish and Mandarin)
- Substance Abuse and Mental Health Services Administration (SAMHSA): [Coping with Stress During Infectious Disease Outbreaks](#)

Specific to intellectual and developmental disabilities, including Autism:

- Autism Speaks: [COVID-19 Information and Resources](#)
Information for families, adults on the spectrum, and educators and professionals
- Developmental Pediatrics, JFK Partners, University of Colorado School of Medicine: [COVID-19 Resources Specific for Individuals with I/DD and Autism and their Families](#)
- Autism Science Foundation: [COVID-19 Resources](#) (Includes a fact sheet in Spanish)
- Understood: [COVID-19 Resources](#)
A website for families, educators, and young adults focused on learning differences and includes a wide range of resources including ones dealing with distance learning and home activities
- CDC: [COVID-19 Extra Precautions for People with Disabilities](#)