

COVID-19 Resources

For Providers

Resources to Support Providers' Mental Health

Intermountain Specific Resources:

1. Comprehensive COVID-19 Resource Guide for Employees:
<https://m.intermountain.net/PatientExperience/COVID-19/COVID-19UpdatesforCaregivers/Documents/Caregiver%20COVID-19%20Resources%20Sheet.pdf>
2. COVID-19 Emotional Relief Hotline for Intermountain Caregivers, 10 am – 10 pm; **833-442-2211**
3. Intermountain EAP: **801-442-3509**
4. COVID-19 Self-Care Resources
<https://m.intermountain.net/PatientExperience/COVID-19/COVID-19UpdatesforCaregivers/Pages/Caregiver-Self-Care.aspx>
5. Guided Mindfulness Exercises through Intermountain:
<https://intermountainhealthcare.org/services/behavioral-health/mindfulness/resources/>
6. Intermountain EAP Tips to Managing Stress during COVID-19:
https://m.intermountain.net/video/pages/player.aspx?f=http%3a//mediaflash.intermountain.net%3a1935/ivodcache/definst/path01/vod/smil%3aEAP_Training_20200318.smil/playlist.m3u8&t=EAP%20Training%20-%20Coronavirus%20and%20Stress%20and%20Anxiety%202020-03-18
7. Live Meditation Sessions:
 - a. Weekly session led by Dr. Dave Sandweiss, ED physician and mindfulness instructor, which includes a brief guided meditation followed by an opportunity for providers to connect with peers who are experiencing similar impacts and challenges of providing care during COVID-19.
When: Thursdays from 7:00-7:30 a.m. (4/16 - ongoing)
Where: Online; [use this link](#) to sign in
 - b. Mindfulness for Physicians and APPs
Weekly mindfulness session led by Dr. Howard Leaman, modeled after the Mindful Practice® course he taught at Intermountain in past years. The course provides tools that can be used during and after the COVID-19 pandemic to enhance provider wellness, resilience, and quality of care.
When: Saturdays from 8:30-9:15 a.m. (4/18 - 5/23)
Where: Online; [use this link](#) to sign in

University of Utah Specific Resources:

1. U of U EAP: (801) 587-9319, <https://www.hr.utah.edu/benefits/eap.php>

Other Resources:

1. Self-Care Toolkit for Healthcare Workers
https://www.healthcaretoolbox.org/images/Toolkit_Emoional_Coping_Healthcare_Staff_-_COVID-19_April_9.pdf
2. Provider Well Being during COVID-19
<https://www1.ucdenver.edu/docs/librariesprovider45/covid-19-support/health-care-provider-well-being.pdf>

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3. Coping with Stress Associated with COVID-19: Advice to Hospital Staff
<https://www.youtube.com/watch?v=WFWvkjJ755Y&feature=youtu.be>
4. How to Support Healthcare Workers- evidence-based training and support curriculum for staff providing psychosocial support to frontline workers (1 page handouts on relevant topics).
<https://www.supporttheworkers.org/>
5. Wellbeing Resource Library for Providers
<https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c>
6. Managing Mental Health Challenges Faced by Healthcare Workers During COVID-19 Pandemic (Mitigating Moral Injury)
<https://www.bmj.com/content/368/bmj.m1211.full?ijkey=Il18pprCDUiMW3R&keytype=ref>
7. Webinar on How to Manage Anxiety during COVID-19
<https://vimeo.com/398138843/b4dc58fcf5>
8. Maintaining Health and Wellbeing During the COVID-19 Pandemic- Short Videos on Relevant Topics (exercise, alcohol use, ways to feel socially connected)
<https://www.kcl.ac.uk/ioppn/maintaining-health-and-wellbeing-during-the-covid-19-pandemic>
9. Guidance for Addressing COVID Stress Experienced by Hospital Staff – Early Interventions
https://232fe0d6-f8f4-43eb-bc5d-6aa50ee47dc5.filesusr.com/ugd/6b474f_5626bd1321da4138b1b43b78b8de2b20.pdf
10. Free Mindfulness Exercises via YouTube:
<https://www.youtube.com/user/tarabrach>
<https://www.youtube.com/watch?v=6tt9MePbPxl&feature=youtu.be>
11. Check out these Meditation apps:
 - a. Headspace is currently free for anyone with an NPI
 - b. Meditation Studio is offering a free “SOS” meditation collection
 - c. Shine is offering a free “Calm for COVID-19” collection
12. UNI Daily guided meditation at 12:00 pm M-F over Skype (10-15 minutes in length).
Conference ID: 8623894
 - a. [Join Skype Meeting](#) Trouble Joining? [Try Skype Web App](#)
 - b. Join by phone: [\(801\)587-1478](tel:801587-1478) (University of Utah)
Conference ID: 8623894
13. Ten Percent Happier – mindfulness, podcasts, etc.
<https://www.tenpercent.com/coronavirussanityguide>

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14. Yale University is offering a free course online, [The Science of Well-Being](#), that teaches you how to be happier. Professor Laurie Santos taught a class called Psychology and the Good Life first in spring 2018 in response to concerning levels of student depression, anxiety, and stress. It became the most popular class in Yale's history and garnered national and international media attention. To share the class' contents with a wider audience, Santos created a Coursera course. [You can audit it entirely for free](#) or opt for a \$49 certificate of completion.
15. Exercise:
List of free virtual workout classes: <https://www.apartmenttherapy.com/free-fitness-classes-online-36735725>

Caring for Patients during COVID-19 (General)

1. [Caring for Children with Complex Medical Conditions During COVID-19](#) (webinar)
2. Helping Patients with OCD during COVID
https://www.apa.org/topics/covid-19/managing-ocd?utm_source=facebook&utm_medium=social&utm_campaign=apa-pandemics&utm_content=covid-ocd

Support for Telehealth Services

1. General Guides:
https://en.wikiversity.org/wiki/Helping_Give_Away_Psychological_Science/Telepsychology
<https://www.apaservices.org/practice/clinic/covid-19-telehealth-state-summary>
2. Telehealth and COVID-19 Webinar:
<https://www.youtube.com/watch?v=Cj0s3alpZKI&feature=youtu.be>
3. Ideas for Activities to use with Kids during Telehealth Sessions:
<https://www.guidancett.com/blog/interventions-for-online-therapy-with-children-and-youth-2020>
4. Providing High Quality, Evidence-Based Child Treatment During COVID-19- Lessons Being Learned by a Panel of Experts
<https://sccap53.org/product/providing-high-quality-evidence-based-child-treatment-during-covid-19-lessons-being-learned-by-a-panel-of-experts-students/>
5. Remote Delivery Guides for Cognitive Therapy for Social Anxiety, Panic, PTSD
<https://oxcadatresources.com/covid-19-resources/>

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For Pediatric Patients and Their Parents

For children:

1. General resources- story books, audio books, coloring books (in multiple languages)
<https://sites.google.com/bu.edu/covid19kidsresources/home/kids-under-12-resources>
2. A child's description of the Corona Virus: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
3. A Kid's Guide to Corona Virus- The Daily Podcast
<https://www.nytimes.com/2020/03/27/podcasts/the-daily/kids-coronavirus.html?action=click&module=audio-series-bar®ion=header&pgtype=Article>
4. First Aid for Feelings- A Workbook to Help Kids Cope During the Coronavirus Pandemic (Yale Child Study Center & Scholastic)
English: http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf
Spanish: http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Spa.pdf
5. Coping After A Disaster- Coloring Pages and Coping Skills Exercises (CDC)
https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf
6. Story book about Covid-19 – both pdf and audio book
https://fdafdaa5-78a3-4b52-a60c-bbc1ed5e8667.filesusr.com/ugd/d4e6d3_94633e79af82468b8adc6edcc362ea41.pdf
<https://www.youtube.com/watch?v=zWltPK3vUXs&feature=youtu.be>
7. Another COVID-19 story book, in English and Spanish
https://susanguttridge.files.wordpress.com/2020/03/anagomez_oysterandthebutterflymar312020.pdf
https://susanguttridge.files.wordpress.com/2020/03/anagomez_oysterandthebutterfly_spanish.pdf
8. ABSOLUTE EHS: Environmental, Health and Safety Consulting and Support Services
<https://www.youtube.com/watch?v=dggEBYJNEQ0>
9. National Public Radio
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
<https://www.npr.org/2020/03/13/81571527/the-buzz-on-bee-barf-sticky-science-behind-bumblebee-vomit>
10. PBS
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

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For teens:

1. Video Gaming (for teens) related to spreading outbreaks
<https://www.ndemiccreations.com/en/22-plague-inc>
2. UNICEF, for teens
<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>
3. Learn about Corona virus – coloring book
<https://together.stjude.org/content/dam/together/en-us/other/covid-19/coronavirus-activity-book-together-english.pdf>

For Parents:

General

1. Uplifting <https://www.facebook.com/CBSMinnesota/videos/518983372365524/>

Lower Cost WiFi

1. <https://www.fox13now.com/comcast-offers-free-xfinity-wifi-nationwide-amid-covid-19-pandemic>
2. <https://www.internetessentials.com/>
3. Info about low cost internet:
 - a. <https://www.everyoneon.org/>
 - b. <https://www.usac.org/about/universal-service/>
 - c. [Federal benefits related to COVID-19](#)
 - d. <https://www.benefits.gov/>

Food Resources

1. Find a Local Food Pantry in Utah
 - a. <https://www.utahfoodbank.org/find-a-pantry/>
 - b. You can also call United Way's 2-1-1 hotline or text your zip code to 898-211 for a list of resources in your area.
2. Emergency meals:
 - a. <https://schools.utah.gov/cnp/mealmap>
 - b. *Some sites will not be serving at the site but delivering meals through a bus route. Adult meals, if available, will vary in price at site locations.

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Explaining COVID-19 to Youth

1. Informational podcasts for parents through Nationwide Children's (general info): <https://www.pediacast.org/coronavirus-covid-19-need-know-pediacast-455/>
2. Center for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
3. World Health Organization: <https://www.cmhnetwork.org/wp-content/uploads/2020/03/mental-health-considerations-WHO.pdf>
4. Washington Post – the arithmetic of how pandemics work:
5. https://www.washingtonpost.com/opinions/2020/03/10/coronavirus-what-matters-isnt-what-you-can-see-what-you-cant/?utm_campaign=wp_week_in_ideas&utm_medium=email&utm_source=newsletter&wpisrc=n|ideas

Helping Parents, Families Cope with COVID Stress and Social Distancing

Tips from Primary Children's Hospital's Child Life Handout:

- **Parents' Anxiety:**

Often children will pick up on anxiety a parent is experiencing, so take steps to manage your anxiety and stress.

- Tip: Try to limit children's exposure to media coverage.
- Tip: Avoid talking about your anxiety or stress with or in front of children. If you become overwhelmed, take a step back and give yourself a break – go for a quick walk, go into another room, etc.

- **Stay Connected with Friends and Family:**

We have been asked to "socially distance", but not socially disconnect. Help your child stay in touch with friends and family in unique ways.

- Tip: Have fun activities such as a "drive by" to wave at friends and family or engage in a service project that will help a neighbor or community organization cope with the pandemic.
- Tip: Set up virtual play dates and visits with relatives.

- **Check in with Children:** Some children may not be fully aware of or understand what is happening but do recognize that things are "different" and that people are worried and upset. Children may exhibit this increased anxiety as an increase in tantrum behaviors, defiance, or acting out.

- Tip: It is ok to talk with your children about the pandemic, but do so in a positive, honest, open, and age-appropriate manner. Use language they understand. Control the messaging your children receive by taking the lead to talk with them. Do not have media coverage playing when they are in the room, if possible.

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- Tip: If a child has a tantrum, respond in a calm, consistent, and comforting way. Find times to gently talk to them about how they are feeling and if they have any questions you can answer or fears you can help alleviate. Make sure they know you are available for ongoing conversations.
 - Tip: Play with your child and look for themes of fear or danger where you can be reassuring, comforting, supportive, and shift to positive outcomes.
 - Tip: A great “grounding” activity for children is for each of you to pause and name 5 things you see, 4 things you hear, 3 things you smell, 2 things you touch, and 1 thing you taste.
- **Ask for Help when Needed:** Changes in the family schedule can be difficult to navigate for both parents and children. It is ok to ask for help. If a friend, neighbor or family member is making a grocery store run, ask them to pick up what you need and leave it on your doorstep – and consider doing the same for them.
 - Tip: If you have a spouse or significant other in the home, coordinate your work schedules and homework/supervision time so that each of you can focus on work when needed and the children when needed. Taking turns managing the schedule, lunches, and activities can help give each parent in the home a stress-relieving break.
 - Utilize Technology for Mental Self-Care: Download the myStrength app on your device. COVID-19 related information has recently been added to this app. Topics covered include: Using grounding to pause and find your way forward, finding inner calm in turbulent times, managing overwhelming thoughts, keeping perspective in a crisis, keeping relationships strong, and many more. **Free access has been made available by the State of Utah using code UDHSguest33.**
 - Tip: If you or your children are feeling overwhelmed and unable to cope, it is ok to reach out to a professional for help.
 - You can call:
 - Your primary care provider or pediatrician
 - The Suicide Prevention Lifeline 1-800-273-8255
 - The Disaster Distress Hotline 1-800-985-5990 ▪ For emergency childcare 2-1-1
 - For support regarding an alcohol or drug problem 2-1-1

General coping tips:

1. <https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>
2. https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?utm_source=THE+CHILD+STUDY+CENTER&utm_campaign=65698e6e97-EMAIL_CAMPAIGN_12_10_2019_9_5_COPY_01&utm_medium=email&utm_term=0_a217cc2bdc-65698e6e97-129074225&goal=0_a217cc2bdc-65698e6e97-129074225&mc_cid=65698e6e97&mc_eid=6314558468

Maintaining Health and Wellbeing During the COVID-19 Pandemic-

1. Short Videos on Relevant Topics (exercise, alcohol use, ways to feel socially connected)
 - a. <https://www.kcl.ac.uk/ioppn/maintaining-health-and-wellbeing-during-the-covid-19-pandemic>

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2. Webinars on a Variety of Helpful Subjects for Parents:
 - a. <https://blomquisthale.com/Work-Shops.html>
3. Informational podcasts for parents through Nationwide Children's:
 - a. <https://www.pediacast.org/covid-19-new-routine-pediacast-457/> (daily routines)
 - b. <https://www.pediacast.org/mental-fitness-pandemic-pediacast-458/> (maintaining mental fitness)
4. NYU COVID-19 Mental Health Resources/Information for Families:
 - a. https://nyulangone.org/news/covid-19-mental-health-resources-families/covid-19-mental-health-resources-families-2020?mc_cid=85ac59720d&mc_eid=a5201d3db0
5. How to help kids cope:
 - a. https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20o%20Problem%20Behavior&utm_campaign=Weekly-03-16-20
6. How to help teenagers cope:
 - a. <https://www.nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html>
 - b. <https://www.upliftnavigator.com/blog/podcast-how-to-help-teens-cope-with-social-distancing>
7. National Public Radio piece – Dr. Mary Alvord
 - a. <https://thekojonnamdishow.org/shows/2020-03-24/maintaining-your-mental-health-during-coronavirus>
8. Washington Post
 - a. https://www.washingtonpost.com/lifestyle/wellness/anxiety-coronavirus-mental-wellness-tips/2020/03/16/f187faf2-67b8-11ea-9923-57073adce27c_story.html
9. NBC news – setting boundaries while working from home
 - a. <https://www.nbcnews.com/cdn.ampproject.org/c/s/www.nbcnews.com/better/amp/ncna1172131>
10. Huffington Post
 - a. https://www.huffpost.com/entry/kids-mental-health-coronavirus_5e81fb57c5b66149226b540e
11. American Psychological Association
 - a. <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
 - b. <https://www.apa.org/helpcenter/pandemics>
 - c. <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>
 - d. <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

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12. Related research from APA
 - a. <https://www.apa.org/news/apa/2020/03/covid-19-research-findings>
 - b. <https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>
13. Consortium for Science-based Information about Children, Youth and Families (CSICYF)
 - a. www.infoaboutkids.org
14. An evidence-based web resource center developed by 7 APA divisions – 7, 15, 16, 37, 43, 53, 54.)
 - a. <https://infoaboutkids.org/blog/parents-and-covid-19-helping-your-children/>
15. World Health Organization – on parenting during COVID-19
 - a. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>
16. Helping young children with sleep and other concerns related to COVID-19:
 - a. <https://www.babysleep.com/advice/coronavirus/>
17. Child Mind Institute
 - a. <https://childmind.org/coping-during-covid-19-resources-for-parents/>
 - b. <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>
 - c. https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/?utm_source=newsletter&utm_medium=email&utm_content=teenagers%20and%20young%20adults&utm_campaign=Weekly-03-03-20
 - d. https://childmind.org/article/how-to-avoid-passing-anxiety-on-to-your-kids/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-16-20
 - e. https://childmind.org/article/anxiety-and-coping-with-coronavirus/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-03-20
 - f. https://childmind.org/article/how-mindfulness-can-help-during-covid-19/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-03-20
17. GIRL-ology talking with teens
 - a. <https://www.girlology.com/programs/lf-019-hina-j-talib-v01mp4-330517>
18. Child Trends
 - a. <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>
19. American Academy of Pediatrics
 - a. <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>

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20. American Academy of Child and Adolescent Psychiatry
 - a. <https://www.aacap.org/coronavirus>
21. CHADD
 - a. <https://chadd.org/home-learning-during-the-crisis/>
22. Dr. Rosenthal (psychologist), New York City
 - a. <https://manhattanpsychologygroup.com/4-key-ways-to-cope-with-the-social-impact-of-coronavirus/>
22. Center on the Developing Child
 - a. <https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/>
23. Positive Coaching Alliance, regarding youth athletes
 - a. https://positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements/?utm_source=pcaemail&utm_campaign=devzone&utm_content=button
24. National Association of School Psychologists
 - a. [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
25. National Traumatic Stress Network
 - a. <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
 - b. <https://www.nctsn.org/resources/simple-activities-children-and-adolescents>
26. KidsHealth (Nemours)
 - a. <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>
27. Early Learning Nation:
 - a. <http://earlylearningnation.com/2020/03/a-parents-guide-to-surviving-covid-19-8-strategies-to-keep-children-healthy-and-happy/>
28. UCLA - strategies for resilience
 - a. <http://carescenter.ucla.edu/covid-19-resources-staying-resilient>
29. Harvard Graduate School of Education:
 - a. <https://www.gse.harvard.edu/news/uk/20/03/helping-children-cope-coronavirus-and-uncertainty>
30. Harvard School of Public Health
 - a. <https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

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31. Zero to Three
 - a. <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
32. Give an Hour
 - a. <https://giveanhour.org/wp-content/uploads/PDF-Talking-with-your-kids.pdf>
33. Anxiety and Depression Association of America
 - a. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>
34. Authentic Connections (Dr. Luthar, psychologist)



Resilience Reminders From Dr. Suniya Luthar



Stay informed via reliable news sources, but maintain limits

Seek updates from reliable news sources, but set aside a few times a day to do this. Avoid obsessively scanning the news for more information, as this will keep your anxiety levels high.

Focus on what's in your control, rather than what isn't

If you're prone to catastrophizing, be gentle but firm with yourself in trying to stay focused on what's in your control, things you can do to stay healthy, and ways in which you could help others.

Do what it takes to reduce your stress levels

Carve out time to do what most helps you to defuse your own stress. Exercise, read, walk, meditate, listen to your favorite music – whatever it takes for you personally to feel more calm.

Communicate openly with close others

Ongoing uncertainty plus confinement can strain relationships. Communicate clearly about what aggravates feelings of stress in others with you at home, and communicate what are triggers for you. Take time to understand how each of you can best help when nerves are fraying.

Establish a Routine

Create a structured schedule that includes focused work time, breaks, meals, and time for exercise. This will help you feel grounded.

Above All, Stay Connected!

At all costs, avoid isolation. Put it on your daily schedule to text, call, or FaceTime with your loved ones. Have a Zoom visit with your group of friends. Now more than ever, it's time to prioritize staying connected!

35. One of the most popular authors, Brene Brown, has a new podcast called Unlocking Us- check it out at her website: <https://brenebrown.com/unlockingus/>
36. Tiny Desk Concerts From NPR - the ones featured in the link are supposed to help with *calm*, which we could also use a little of right now: <https://www.npr.org/2020/03/19/818079150/5-tiny-desk-concerts-to-calm-your-mind>

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37. Psychology Today
 - a. <https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/202003/how-talk-kids-and-teens-about-the-coronavirus>

38. New York Times regarding parents' questions
 - a. https://www.nytimes.com/2020/03/09/parenting/coronavirus-parents-need-to-know.html?type=roundup&link=intro&te=1&nl=nyt-parenting&emc=edit_ptg_20200314&campaign_id=118&instance_id=16740&segment_id=22213&user_id=c58475d9ebf48157b1f982ef0d7982a1®i_id=72475170dit_ptg_20200314

39. Tips for managing family conflict with kids:
 - a. https://www.nytimes.com/2020/04/09/well/family/coronavirus-quarantine-conflict-family-meeting.html?campaign_id=154&emc=edit_cb_20200410&instance_id=17563&nl=coronavirus-briefing®i_id=120315600&segment_id=24725&te=1&user_id=5ea8408717daf60b287d0fccb42d98fc

40. Firearm Safety During COVID-19:
 - a. <https://intermountainhealthcare.org/blogs/topics/covid-19/2020/04/firearm-safety-during-covid-19/>

41. Domestic Violence Resources:
 - a. [National Domestic Hotline](#) | (800) 799-7233
 - b. [Crisis Text Line](#) | Text HOME to 741741
 - c. <https://www.apa.org/topics/violence/partner>

42. Utah Crisis Resources:
 - a. Utah Crisis Line: 800-273-8255
 - b. UNI Crisis Line : 801-587-3000
 - c. UNI Warm Line: 801-587-1055
 - d. Safe UT App <https://healthcare.utah.edu/uni/safe-ut/>

43. If you have other children that need therapy:
 - a. PCH Central Intake: 801-313-7711; Social workers will find providers in your area that take your insurance
 - b. Finding a Teletherapy Provider: <https://www.upliftnavigator.com/>

Exercise

Adults:

1. List of free virtual workout classes: <https://www.apartmenttherapy.com/free-fitness-classes-online-36735725>

2. Peloton (most of you know how much of a fan I am of their outdoor runs, strength, yoga, meditation, and of course bike and treadmill – you don't have to have theirs)
https://www.onepeloton.com/app?utm_source=twitter&utm_medium=organic_social&sf119201153=1

COVID-19 Resources

3. Pure Barre On Demand is offering a 60 day free trial. Promo code: EXTENDEDTRIAL. Go to <https://ondemand.purebarre.com/>; click the 30 day trial, start, and put in code - it extends from 30 to 60 days and puts fee to \$0

Kids:

1. Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>
2. Go Noodle <https://www.gonoodle.com/>
3. Born Yoga (Daily family-friendly yoga workouts) <https://bornyogastudio.com/live/>

Free Activities for Adults and for Kids

1. Ten Percent Happier – mindfulness, podcasts, etc.
<https://www.tenpercent.com/coronavirussanityguide>
2. Yale University is offering a free course online, [The Science of Well-Being](#), that teaches you how to be happier. Professor Laurie Santos taught a class called Psychology and the Good Life first in spring 2018 in response to concerning levels of student depression, anxiety, and stress. It became the most popular class in Yale's history and garnered national and international media attention. To share the class' contents with a wider audience, Santos created a Coursera course. [You can audit it entirely for free](#) or opt for a \$49 certificate of completion.
3. 76 (Mostly) Free Virtual Things to Do At Home
<https://www.apartmenttherapy.com/virtual-things-to-do-at-home-36745351>
4. USA Today – 100 Things to Do
<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>
5. Games to play with friends online:
 - a. [Board Game Arena](#)
 - b. <http://playingcards.io/>
6. Movies
<https://www.netflixparty.com/>
7. Gardening
<https://goodgardeningvideos.org/>
8. Zoo
<http://cincinnatizoo.org/home-safari-resources/>
9. Virtual Field Trips

COVID-19 Resources

https://docs.google.com/document/u/0/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR3sWJERRaPzF5-7-GMWbW9zHDLv6ULru-9_mMnYWHTobmrfbVhi_-k0Mq4

10. Audio listening

<https://stories.audible.com/start-listen>

11. Libby app – the way to access e-books and audiobooks from the libraries that are now closed

<https://www.overdrive.com/apps/libby/>

12. Celebrities reading stories

a. <https://www.storylineonline.net/>

b. https://www.youtube.com/results?search_query=%23OperationStoryTime

13. Reading at home resources

<https://www.readtogetherbetogether.com/?fbclid=IwAR3M6-4xKnMpNzTZ1J6C4skb8Ot6yU4l20MA8l6tl6y1ZA9NGEU7xrSHUZg>

14. Language:

a. <https://rosettastone.com/freeforstudents/>

b. [Free coloring and activity pages](#)

c. <http://www.nickelodeonparents.com/>

15. Arts:

a. https://www.clevelandinnercityballet.org/single-post/2020/03/14/Cleveland-Inner-City-Ballet-to-launch-Virtual-Online-Ballet-Instruction-Program?fbclid=IwAR2DMb8lurQP6LW4yPa95-UMJAr128_L7zB40yOwPdltwsmd5Rqr2W0b23c

b. https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR2bCZlcbVYUvu_ChxYzgrPEd3z3ZI3K-BhxC2s6uX0Z6AitZTKBDi3Vi-I

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

17. Museums offering online tours

a. [The Louvre](#)

b. [British Museum, London](#)

c. [Guggenheim Museum, New York](#)

d. [National Gallery of Art, Washington, D.C.](#)

e. [Musée d'Orsay, Paris](#)

f. [National Museum of Modern and Contemporary Art, Seoul](#)

g. [Pergamon Museum, Berlin](#)

h. [Rijksmuseum, Amsterdam](#)

i. [Van Gogh Museum, Amsterdam](#)

j. [The J. Paul Getty Museum, Los Angeles](#)

k. [Uffizi Gallery, Florence](#)

l. [MASP, São Paulo](#)

m. [National Museum of Anthropology, Mexico City](#)

COVID-19 Resources

Educational Activities

1. General Activities:
 - a. <https://www.nctsn.org/resources/simple-activities-children-and-adolescents>
 - b. https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1rJJfeWcU-eD8B1Ak97E8g_w9UThq54lo-6kPKQsq_ltODtc1zXhN-HKU
2. Dolly Parton's Imagination Library Program, (if available in your area):
<https://imaginationlibrary.com/check-availability/>
3. New York Times' Ideas for Teaching Various Subjects:
https://www.nytimes.com/2020/04/23/education/learning/coronavirus-education-opportunities.html?campaign_id=154&emc=edit_cb_20200424&instance_id=17944&nl=coronavirus-briefing®i_id=120315600&segment_id=25937&te=1&user_id=5ea8408717daf60b287d0fccb42d98fc
4. Science: https://www.facebook.com/TheScienceMom/posts/2555301844707352?hc_location=ufi
5. Math:
<https://www.weareteachers.com/best-mathwebsites/?fbclid=IwAR31ycYhzbbVpQhalduTteXUFFTa43lqropiq-5Z82jofVpr8k-dkyYj6SY#.XnAV7rkdWw.facebook>

Educational shows

1. Netflix: Brainchild, The Who Was? Show, Julie's Greenroom (about the arts), Ask the StoryBots, The Magic School Bus
2. Disney +: Brain Games, National Geographic
3. PBS: Wild Kratts, Xavier Riddle, Reading Rainbow, Between the Lions, Peg + Cat
4. Amazon Prime: Horrible Histories (for slightly older kids in late elementary, middle school)

Educational Apps

1. Originator Kids
 - a. Endless Alphabet
 - b. Endless Reader
 - c. Endless Numbers
2. Raz-Kids
3. Kiddopia

COVID-19 Resources

[Section Below Compiled by Michelle Simmons, HealthySteps Specialist (All ages pre-K-12)]

Facebook pages:

1. Make – Daily art class videos to follow along with at home
2. DadLab – Science experiments for young kids
3. McHarper Manor – Free art tutorials daily
4. Cincinnati Zoo and Botanical Gardens - daily live videos highlighting one of the breeds at the zoo.
5. Georgia Aquarium - daily live videos talking about the sea creatures and a live webcam of the tank.
6. YouTube: JAMaROO Kids – over 300 videos of cooking, art, music, dance and exercise classes for young children.

Websites:

1. Free unlimited access to videos with math and literacy activities
<https://fluencyandfitness.com/register/school-closures/>
2. Watch, listen and play games to learn all about amazing animals www.switcheroozoo.com
3. Free access to all of NASA's space images <https://images.nasa.gov>
4. Play games while practicing reading and math skills www.funbrain.com
5. Hang out with your favorite characters all while learning www.pbs.org
6. Go "into the book" to play games that practice reading strategies www.reading.ecb.org
7. Practice your phonics skills with these read-along stories www.starfall.com
8. Read, play games, and hang out with Dr. Seuss and his friends www.seussville.com
9. Practice math and reading skills all while playing fun games www.abcya.com
10. Read, play games, and conduct cool science experiments www.highlightskids.com
11. https://www.brainpop.com/?fbclid=IwAR3yZTIEr_2UUTtv23ssot_QmlxLzqwz_FqXOorey3lz0xYfiG62edPTYeg
12. The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour! <https://kids.sandiegozoo.org/>
13. Tour Yellowstone National Park! <https://www.nps.gov/.../lea.../photosmultimedia/virtualtours.htm>
14. Explore the surface of Mars on the Curiosity Rover. <https://accessmars.withgoogle.com/>
15. This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs. <https://www.farmfood360.ca/>
16. Indoor Activities for busy toddlers [https://busytoddler.com/2020/03/indoor-activities/...](https://busytoddler.com/2020/03/indoor-activities/)
17. Play games and learn all about animals <https://switchzoo.com/>
18. Play with fave show characters and learn too <https://pbskids.org/>
19. Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip.
<https://www.louvre.fr/en/visites-en-ligne>
20. This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.
<https://www.thechinaguide.com/destinati.../great-wall-of-china>
21. Math and Reading games <https://www.funbrain.com/>
22. Phonics skills <https://www.starfall.com/h/>

COVID-19 Resources

23. This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. <https://britishmuseum.withgoogle.com/>
24. Read, play games, and hang out with Dr. Seuss <https://www.seussville.com/>
25. 300,000+ FREE printable worksheets from toddlers to teens
<https://www.123homeschool4me.com/home-school-freeprintabl.../>
26. Geography and animals <https://kids.nationalgeographic.com/>
27. Math practice from counting to algebra and geometry <http://www.mathscore.com/>
28. Fave kids books read by famous people <https://www.storylineonline.net/>
29. Crafts, activities, mazes, dot to dot, etc, <https://www.allkidsnetwork.com/>
30. High school chemistry topics
https://www.acs.org/content/acs/en/education/resources/highschool/chemmatters/articlesby-topic.html?fbclid=IwAR0Tuo7MTtRk83ekCiksUxkWNvDhZ7ACdYLN_FfJ8nZswCKoPFU4SRV4MpY
31. Math and reading games <https://www.abcya.com/>
32. Math and language games <https://www.arcademics.com/>
33. Hands on Elem science videos <https://www.backpacksciences.com/science-simplified>
34. Voice based learning... learn through Alexa <https://bamboolearning.com/resources>
35. Fun games, recipes, crafts, activities <https://www.highlightskids.com/>
36. ClickSchooling brings you daily recommendations by email for entertaining websites that help your kids learn. <https://clickschooling.com/>
37. Math as a fun part of your daily family routine <http://bedtimemath.org/>
38. Games to get "into the book" <https://reading.ecb.org/>
39. Online history classes for all ages preteen through adults
<https://school.bighistoryproject.com/bhplive>
40. Biology <https://www.biologysimulations.com/> Elem Math through 6th grade
<https://boddlelearning.com/>
41. Educational games K-12 <https://www.breakoutedu.com/funathome> Digital archive of history
<https://www.bunkhistory.org/>
42. Test Prep for SAT, ACT, etc. <https://www.bwseducationconsulting.com/handouts.php>
43. Geometry <https://www.canfigureit.com/>
44. Resources for Spanish practice <https://www.difusion.com/campus/>
45. Chinese learning activities <https://chalkacademy.com/>
46. Music is for everyone <https://musiclab.chromeexperiments.com/>
47. Experiments Science, Math, Social Studies <https://www.ck12.org/student/>
48. Grammar practice for middle grades <https://www.classroomcereal.com/>
49. Daily free science or cooking experiment to do at [home.http://www.clubscikidzmd.com/blog/](http://www.clubscikidzmd.com/blog/)
50. Chemistry <https://www.playmadagames.com/>
51. Reading passages for grades 3-12, with reading comprehension and discussion questions.
<https://www.commonlit.org/>
52. Vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin. <https://conjuguemos.com/>

COVID-19 Resources

53. 35,000 pages of online content on the cultures and countries of the world.
<https://www.countryreports.org/>
54. K-5th Science lessons <https://mysteryscience.com/>
55. Tons of free classes from leading universities and companies <https://www.coursera.org/>
56. Free printable K-8 Reading and Math activity packs (available in English and Spanish)
https://www.curriculumassociates.com/supporting-students-away-from-school?fbclid=IwAR3znJQR2EwplUI7yUIXBByr_X8iMgIMBHeW1UbmHZoPNQkHX1GSZe7Kr_A
57. Digital learning content for preschool through high school <https://www.curriki.org/>
58. A wide range of math content from middle school through AP Calculus.
<https://deltamath.com/overview>

For Parents of Children with Special Health Care Needs

1. <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/COVID-19-Information-for-Families-of-Children-and-Youth-with-Special-Health-Care-Needs.aspx>
2. Information for Parents of Patients with Pediatric Cancer <https://siop-online.org/covid-19-resources-and-guidance/>

For Parents of Children with Special Needs

Specific for Individuals with I/DD and ASD and their Families

Compiled by Deepika Patel, Erin Engstrom, Tamara Rosen, Katherine Pickard and Nuri Reyes
Developmental Pediatrics, JFK Partners – University of Colorado School of Medicine (3/25/20)

Content	Description	Websites
COVID-19 Picture Communication Board (English)	Communication Board specific to COVID-19 Created by Julia.Beems@cuanschutz.edu	English Spanish
Coronavirus Resources from Family Voices	Family Voices is deeply committed to family engagement in health and wellness of children and youth with special health care needs and their families. Our staff are working with national partners to provide current information about the spread of the coronavirus, also known as COVID-19.	https://familyvoices.org/coronavirus/
Coping and emotion regulation strategies	This site provide several interactive tools designed to help to practice relaxation.	https://www.headspace.com/health-covid-19
Ensuring People Have Access to Prescription Drugs During the COVID-19 Pandemic	This site provides recommendations for requesting medications for a 30-90 day supply during social distancing.	https://healthlaw.org/ensuring-people-have-access-to-prescription-drugs-during-the-covid-19-pandemic/?utm_source=newsletter&utm_medium=email&utm_campaign=

COVID-19 Resources

Content	Description	Websites
		ntent=Ensuring%20People%20Have%20Access%20to%20Prescription%20Drugs%20During%20the%20COVID-19%20Pandemic&utm_campaign=2020.03.19_CSHCN_Network_Newsletter
Guide to helping families cope with coronavirus	The National Child Traumatic Stress Network provides resources for family and children including routines, coping with stress, schedules, activities, and self-care.	https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf
Mental Health and I/DD COVID-19 Resources from START	The Center for START Services supports a network of START programs, teams, and communities across the United States. Sharing resources about COVID-19 reflects START's mission to link systems in an effort to build capacity.	https://www.centerforstartservices.org/covid-19-resources
Parent/Caregiver Guide to Helping Families Cope with COVID-19	Provides information for parents and caregivers about infectious disease outbreaks in your community. Knowing important information about the outbreak and learning how to be prepared can reduce stress and help calm likely anxieties. This resource will help parents and caregivers think about how an infectious disease outbreak might affect their family—both physically and emotionally—and what they can do to help their family cope.	https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019?utm_source=ebulletin&utm_medium=email&utm_campaign=nctsn-ebulletin
Plain-Language Information on Coronavirus (English and Spanish)	Self-Advocacy Resource and Technical Assistance Center (SARTAC) published a booklet in English and Spanish. It was written by and for people with intellectual and developmental disabilities (IDD). Green Mountain Self-Advocates, a SARTAC partner, published a video and slides about social distancing.	English Spanish
Social story about germs	The Autism Society of North Carolina created a social story about germs.	https://www.autismsociety-nc.org/wp-content/uploads/Germs-Social-Story.pdf
Social stories in other languages	This site created social stories in multiple languages.	https://www.mindheart.co/descargables
Social story about coronavirus	Northfield public school, Little Puddins: the autism educator, and Carol Gray have created social stories about corona virus for children.	https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pyrsRlaUIgTfEo/view

COVID-19 Resources

Content	Description	Websites
		<p>https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf</p> <p>https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf</p>
Strategies and tips to decrease fears and anxiety	<p>The Anxiety and Depression Association of America has posted several videos and resources for parents, children, and teens dealing with anxiety, including</p> <ul style="list-style-type: none"> -Homeschooling During The Coronavirus Quarantine - Anxiety & COVID 19 Part 2: Tips for Parents - Recommendations for Children and Parents: Managing Anxiety and OCD During COVID-19, Blog- AustinAnxiety.com -Child and Caregiver Anxiety and Fears about COVID-19, Vimeo Podcasts 	<p>https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources</p>
Strategies to decrease stress and worry	<p>Tamar Chansky has created a blog to help children to stay calm</p>	<p>https://tamarchansky.com/how-to-calm-your-kids-and-yourself-in-the-covid19-shutdown-find-the-helpers/</p>
Strategies to support individuals with ASD	<p>Autism Focused Intervention Resources and Modules listed several strategies to support individuals with ASD, including</p> <ul style="list-style-type: none"> -Support understanding -Offer opportunities for expression -Prioritize coping and calming skills -Maintain routines -Build new routines -Foster connections (from a distance) -Be aware of changing behaviors 	<p>https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times?fbclid=IwAR2IM3AziXzISwkcVmkW-j66804WwH3U7XFBKgvnmuyypOtvQUXcwqfUWiY</p>
Supporting Individuals with Autism through Uncertain Times	<p>This site provides 7 support strategies are designed to meet the unique needs of individuals with autism during this period of uncertainty.</p>	<p>https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times</p>

COVID-19 Resources

Content	Description	Websites
Supporting families with children with ASD	This Autism Speaks has several topics, including <ul style="list-style-type: none"> – Coping with disrupted routines – Continuing clinical care during social distancing, – School/program closures – Flu teaching story 	https://www.autismspeaks.org/covid-19-information-and-resources
Visual Supports and social stories/narratives	The Autism Society of North Carolina created visual supports and social stories/narrative	https://nationalautismassociation.org/covid-19-resources-for-families/

Online Educational Supports for Parents

Content	Description	Website																				
COVID-19 Information and Resources for Schools and School Personnel	US Department of Education CDC guidance for school settings Various policies and resources regarding education	https://www.ed.gov/coronavirus																				
Online Learning Resources	We are Teachers' sites has listed learning resources for children in elementary, middle, and high school. Remote learning and virtual classroom are also available.	https://www.weareteachers.com/free-online-learning-resources/																				
OSEP COVID-19 – Serving Children with Disabilities Announcement 3/21/20	Ensuring compliance with Individuals with Disabilities Education Act (IDEA), [†] Section 504 of the Rehabilitation Act (Section 504), Title II of the Americans with Disabilities Act shouldn't prevent any school from offering educational programs thru distance instruction.	https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf																				
Other learning resources	This list contains several websites with free educational and learning tools	<table border="0"> <tr> <td>PBSkids.org</td> <td>Seussville.com</td> </tr> <tr> <td>highlighskids.com</td> <td>Starfall.com</td> </tr> <tr> <td>SwitcherooZoo.com</td> <td>Funbrain.com</td> </tr> <tr> <td>Kids.NationalGeographic.com</td> <td>abc.mouse.com</td> </tr> <tr> <td>discoverykids.com</td> <td>raz-kids.com</td> </tr> <tr> <td>LittleGoldenBooks.com</td> <td>coolmath.com</td> </tr> <tr> <td>ConstitutionCenter.org</td> <td>scholastic.com</td> </tr> <tr> <td>Reading.ECB.org</td> <td>abcya.com</td> </tr> <tr> <td>KhanAcademy.org</td> <td>duckters.com</td> </tr> <tr> <td>StoryLineOnline.net</td> <td></td> </tr> </table>	PBSkids.org	Seussville.com	highlighskids.com	Starfall.com	SwitcherooZoo.com	Funbrain.com	Kids.NationalGeographic.com	abc.mouse.com	discoverykids.com	raz-kids.com	LittleGoldenBooks.com	coolmath.com	ConstitutionCenter.org	scholastic.com	Reading.ECB.org	abcya.com	KhanAcademy.org	duckters.com	StoryLineOnline.net	
PBSkids.org	Seussville.com																					
highlighskids.com	Starfall.com																					
SwitcherooZoo.com	Funbrain.com																					
Kids.NationalGeographic.com	abc.mouse.com																					
discoverykids.com	raz-kids.com																					
LittleGoldenBooks.com	coolmath.com																					
ConstitutionCenter.org	scholastic.com																					
Reading.ECB.org	abcya.com																					
KhanAcademy.org	duckters.com																					
StoryLineOnline.net																						

COVID-19 Resources

<p>School Closure Toolkits</p>	<p>Easterseals Illinois Autism Partnership (IAP) developed a toolkit that includes information about schedules, token board, and other resources. They also have other resources including social stories about the coronavirus and social distancing for children and adults.</p>	<p>https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767</p> <p>https://www.easterseals.com/chicago/explore-resources/autism-resources-1.html</p>
<p>Teaching tools</p>	<p>The National Autism Society has listed several teaching tools for children and tips for parents</p>	<p>https://nationalautismassociation.org/covid-19-resources-for-families/</p>

Online Autism Resources for Parents

Content	Description	Websites
<p>Webinar for families with young children every week</p>	<p>Vanderbilt Kennedy Center is offering webinars for parents of young children with autism.</p> <p>-Titled: Families First Online Education Series (Starting Thursday, March 26, 1:00-1:30 p.m. and will continue to be every Thursday until further notice).</p> <p><u>Topics:</u></p> <ul style="list-style-type: none"> -How to schedule your day at home during this time -How to structure specific activities within your day -How to continue to work on goal areas 	<p>To register go to: https://zoom.us/webinar/register/WN_65FW8ZwqRBau6N6ib_329g</p>
<p>Online Teaching Modules</p>	<p>-The Center for Excellence in Developmental Disabilities (CEDD) at the University of California, Davis MIND Institute has created modules in English and Spanish that include 10 interactive, self-paced, online lessons:</p> <p><u>Module 1-Strategies for Teaching Functional Skills:</u> provides parents with tools and training to more effectively teach their children with autism spectrum disorders and other related neurodevelopmental disorders functional skills using applied behavior analysis (ABA) techniques.</p> <p><u>Module 2-Positive Behavior Strategies for Your Child with Autism:</u> provides information that will help parents more effectively teach and support positive behavior.</p>	<p>https://health.ucdavis.edu/mindinstitute/centers/cedd/adapt.html</p>
<p>Early Start Denver Model</p>	<p>The C-ESMD was created by Sally Roger and Aubyn Stahmer and this website allows access to different modules, including</p>	<p>https://helpisinyourhands.org/course</p>

COVID-19 Resources

	<ul style="list-style-type: none"> - Increasing Children’s Attention to People - Increasing Children’s Communications -Joint Activity Routines to Increase Your Child’s Learning and Communication -The ABCs of Opportunities for Learning <p>(Sign up using the link and Logging in will provide access to modules)</p>	
Challenging Behaviors	Autism Speak also has a toolkit with strategies to manage challenging behaviors	https://www.autismspeaks.org/sites/default/files/2018-08/Challenging%20Behaviors%20Tool%20Kit.pdf
ABA 101	Autism Speak also has a toolkit with information about applied behavior analysis.	https://www.autismspeaks.org/sites/default/files/2018-08/Applied%20Behavior%20Analysis%20Guide.pdf