

Mission Possible: Parenting in the Age of Pandemic - RESOURCES

At-Home Activities

Our early childhood team gathered some [resources](#) for families to support play and learning at home. If you have found some other favorites or created your own, please email us. We would love to share ideas!

Comprehensive 60-page ASD in Times of Uncertainty

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

Coronavirus Social Story

https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6615282_1.pdf?0.36536573196742217

Searching for Emergency Resources?

Oakland Schools has pulled together some emergency resources for families in Oakland County. Feel free to check it out: <https://tinyurl.com/OSResourcesforDist-Stud>

Explaining social distancing/Coronavirus to kids:

https://www.popsugar.com/family/time-to-come-in-bear-children-story-on-social-distancing-47339277?utm_campaign=desktop_share&utm_medium=facebook&utm_source=moms

<https://www.youtube.com/watch?v=MVvVTDhGqaA>

Handwriting Without Tears is a program Kirk Preschool uses to teach handwriting to preschoolers. They are providing [free resources](#) to help parents and caregivers support learning while children are out of school. You can find access to all of their free online products and resources at LWTears.com.

Scholastic Learn at Home: Free Resources for School Closures

<https://www.moms.com/education-companies-free-subscriptions-homeschool/>

School Closure Toolkit

https://qrcgcustomers.s3-eu-west-1.amazonaws.com/account4876975/6552095_2.pdf?0.11589340381807767

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Staying Emotionally Close - Recommendations from Dr. Bruce Perry

1. One of the best ways to manage stress is to feel connected to "the people we belong to and belong with." Yes and thank you! It can be so comforting to check in with each other. Reaching out and staying emotionally connected is how we will keep our communities strong and how we will heal from the pain of all that is happening.
2. We can strengthen our resilience and our ability to stay regulated for our children by taking care of ourselves. Dr. Perry suggests taking frequent small breaks to move and stretch. A friend shared that she found laughter and movement by following along to Richard Simmon's "Sweating to the Oldies" on YouTube!
3. Be aware of our physical and mental responses to receiving updates/news about COVID 19. If you are having a hard time staying regulated when frequently checking for updates, Dr. Perry recommends setting a schedule for when you will check and then immediately practicing something to calm your stress response.

For more information about staying emotionally close and managing stress, check out this 30 minute interview with Dr. Perry:

<https://video.buffer.com/v/5e72ab65485a7c29a230f744>

More resources are available from Dr. Perry at:

<https://www.neurosequential.com/covid-19-resources>