

## 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

### TOOLS FOR HELPING CHILDREN COPE

#### Communication Tools for Helping Children Understand COVID-19: Social Stories, Books, and Videos

##### For all Children:

##### COVID-19 General Explanations:

- Sesame Street in Communities: [Health Emergencies](#)  
Resources for children from 0 to 6 years on how to discuss, process and cope with the current health emergency; includes resources like learning from home, washing hands, self-soothing, and “for now” routines  
(Also in Spanish)
- Manuála Malina/Mindheart: [Covibook: Supporting and Reassuring Children Around the World](#)  
Short book for children under 7 and includes places for children to fill in/ express feelings. (in multiple languages)
- Arlen Gaines & Meredith Polsky/I Have a Question Books: [I Have a Question About...Coronavirus](#)  
Book answering questions about coronavirus, particularly good for children who are visual learners (free download) (also available in Greek)
- NPR: [Just For Kids: Comic Explaining Coronavirus](#)  
For older children and teens (also in Spanish, Chinese, and translated to other languages)
- Long Creations: [COVID-19 Time Capsule Coloring Book](#)  
Coloring book/workbook that helps child process pandemic experiences
- Anna Agate: [The Story of the Oyster and the Butterfly: Coronavirus and Me](#)  
Coping strategies coloring book (in 11 languages)

##### Handwashing Videos:

- [ABC Handwashing Challenge: Darien to YOU](#)  
For young children
- Vox: [The Importance of Handwashing](#)  
For older children

## Material Specifically for Children with Disabilities:

### Web Page and Social Stories about COVID-19:

- Sesame Street: [Coping with Covid-19: A "For Now" Normal](#)  
For children with and without autism
- Amanda McGuinness: [Little Puddins Coronavirus Social Story](#)  
For younger children ([available in Spanish and Hindi](#))
- Carol Gray: [COVID-19 I Can Help Social Story](#)  
For older youngsters/teens
- Green Mountain Self-Advocates: [Plain Language Information on Corona Virus](#)  
By and for individuals with disabilities; best for teens and adults. ([In 11 languages](#))

### Social Stories about Flexibility and Coping with Change:

University of Oregon Center on Human Development) and University Center for Excellence on Developmental Disabilities):

- [Talking to Your Child about Change](#)  
Social story to help with COVID-19 changes and feelings
- [Talking about Change: A Story about Coronavirus](#)  
Provides opportunities for the child to fill in his/her own experience; for youth in family homes, foster homes, or group care; emphasizes need for flexibility

### Social Story about wearing face masks:

The Autism Program at Boston Medical Center: [I Can Wear A Face Mask](#)

## Aids to Structure Your Child's Day: Visual Schedules

- Victories 'n Autism: [At Home and School Schedules](#)
- How to ABA: [First Then Schedule](#)
- How to ABA: [To-Do List](#)
- How to ABA: [Token Board](#)
- How to ABA: [Washing Hands Visual Schedule](#)
- Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill: [Supporting Individuals with Autism through Uncertain Times](#) (includes schedule information)

## Self-Regulation Aids

### Apps:

- [Breathe, Think, Do with Sesame](#) (Free)  
Teaching young children deep-breathing skills through interacting with their beloved Sesame Street character
- National Center for Telehealth and Technology: [Breathe2Relax](#) (Free)  
Useful for older children, teens and adults
- [Calm](#) (Free 7-day trial, then \$12.99/month; limited portions available for free)  
Age 13 to adult for subscription; parents can access exercises for children
- [Headspace](#) (Free 14-day trial, then \$12.99/month)  
Mindfulness for adults and children; age 18 for account; children under 18 use with consent of parent
- PrioHealth: [Calm Connect](#) (\$9.99/month)  
Useful with many youth with Autism

### YouTube Videos, Websites, and Downloadable materials:

- Sesame Street YouTube Video: ["Belly Breathe" with Elmo](#)
- Headspace Website: [NY State of Mind](#)  
Free COVID-19 response collection of mindfulness exercises for adults and children by age
- Teachers Pay Teachers: [Self-Regulation for Little Learners](#)  
Downloadable materials for teaching young children self-regulation and coping skills through pictures
- Shambhala Publications: [Mindfulness Exercises from book \*Sitting Still Like a Frog\*](#)  
Website with audio links
- Fablefly Videos: [Sitting Still Like a Frog](#)  
Mindfulness exercise for young children
- Mindful Child Wellness: [Spaghetti Body Progressive Relaxation Script](#)
- Yoga in my School YouTube Video: [Uncooked/Cooked Spaghetti Relaxation Demonstration](#)

## Exercise and Movement

These resources can also be helpful with self-regulation.

- [Cosmic Kids Yoga](#) (Free YouTube videos; 2-week free trial of app)  
Story-time yoga and mindfulness exercises for movement and self-regulation.
- [Exercise Buddy](#) (2-week free trial)  
Gym-time for kids of all ages; exercises targeting fine and gross motor skills using video modeling and social stories)
- [Go Noodle](#)  
Interactive song and dance videos for children grades K to 5