Tips for Helping Children with Special Needs

1. Establish and maintain new routines – these help children feel secure
2. Pick consistent times for activities, breakfast, lunch, dinner, bed. Consider making a written visual schedule
3. Establish clear expectations and rules – i.e.) amount of non-school related screen time allowed
4. Engage child in household chores, this is a good time to work on daily living and independent skills. Pick one skill to work on per day. Prioritize needs of child and consider milestones they have been working toward recently.
5. Track progress and any regression- this will help with targeting needs when school resumes.
6. If behavior issues arise- go back to basic behavior management skills: ignore negative behavior, reward positive behaviors. Follow through with requests and expectations.
7. Try to collaborate and connect with your child. Be patient as changes take time. Take care of yourself!
Resources for Families of Children with Special Needs

Resources for Families - Autism Science Foundation

COVID-19: Information for Families of Children and Youth with Special Health Care Needs

COVID-19 Resources for the Disability Community - Access Living

COVID-19 information and resources for families Autism Speaks

100 Best Apps for Kids with Autism

Autism Navigator | Home
Educational & Enrichment Resources

- Stuck at Home Activities | Understood.org
- Bamboo Learning
- Amazing Educational Resources
- Ted Ed Parent
- Ways to Promote Child’s Resilience to the COVID-19 Pandemic
- Mindheart | Covibook

General Updates

- Covid-19 Legal Resources | Mayor’s Office of People with Disabilities
- Coronavirus Updates | Include NYC
- Updates of Covid-19 | Advocates for Children of New York