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## Resources for Children and Families During COVID-19

1. **ST4 Mindfulness Book for Kids series:**
  - a. *Marvin's Monster Diary - ADHD Attacks (But I Rock it, Big Time)*
  - b. *Timmy's Monster Diary - Screen Time Attacks! (But I Tame It, Big Time)*
  - c. *Harriet's Monster Diary - Awfully Anxious (But I Squish It, Big Time)*
  - d. *Marvin's Monster Diary 2 - (+ Lyssa): ADHD Emotion Explosion (But I Triumph, Big Time)*
  - e. *Marvin's Monster Diary 3 - Trouble with Friends (But I Get By, Big Time!)*
2. **Ninja Focus:** A meditation and relaxation APP for children - free content available

3. **Insight Timer:** A meditation and relaxation APP for children - free content available
4. **Calm:** A meditation and relaxation APP for children - free content available

### Resources for parenting a child with ASD

1. **UConn Parent Training website:** A free, web-based training program to educate caregivers in basic behavioral and naturalistic teaching principles. Need to register
2. **Exercise Buddy:** Opportunities to facilitate physical activity during COVID-19 is critical. Exercise Buddy is an app which can help increase physical activity. Might have a cost
3. **Help Is in Your Hands:** 16 lessons with animated videos of that walk caregivers through strategies to use with toddlers to support social communication. Need to register
4. **We Wear Masks:** A simple Social Story to help children understand why we wear masks
5. **Making Mask-Wearing Easier for Autistic Adults and Those with Sensory Needs:** Some easy steps to practice mask-wearing
6. **Caregiver Tips to Make Mask-Wearing Easier for People with Autism:** Steps caregivers can use to help children wear masks successfully as communities re-open on You Tube
7. **ASD Strategies in Action:** 30+ hours of online video learning resources available at no cost for the autism community
8. **COVID-19 Video Teaching Story from University of Miami - NSU:** A helpful social narrative video to help individuals with autism understand the Coronavirus
9. **UC Davis Autism Distance Education Parent Training (ADEPT):** A 10-lesson learning module which provides parents with tools to teach functional skills using applied behavior analysis
10. **Challenging Behaviors Tool Kit:** Challenging Behaviors Tool Kit offers strategies to help families understand behaviors and how to support their loved ones in difficult situations
11. **Tips for managing children at home during COVID-19**
12. **Coronavirus (COVID-19) Virtual Outreach Series** from Cincinnati Children's Hospital: *Supporting Families Through COVID-19* includes the following topics:
  - a. *Homebound: Strategies to Improve Compliance and Cooperation with Your Children*
  - b. *Behavior Management Basics*
  - c. *Sleep Hygiene Tips for Parents of Children with Developmental Disabilities*
  - d. *Calming Strategies in the COVID-19 Storm*
  - e. *Coping with disrupted routines*
  - f. *Continuing clinical care during social distancing and school/program closures*