



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

## Online Resources for Families and Children with Autism Spectrum Disorder During COVID-19

### **STEP 1: Put your own oxygen mask on, before helping others.**

This is a challenging time for every one of us. It is important to take time for self-care and stress management. Here are some useful tools:

#### **SELF-HELP RESOURCES**

[Mindfulness & Managing Stress during the COVID-19 Pandemic](#): Mindfulness is a helpful tool to focus on the present moment without judgment, that can be grounding and relaxing

[F.A.C.E. C.O.V.I.D.](#): Acronym with coping skills and strategies for all of us to use:

#### **PODCASTS**

[Unlocking Us](#): One of the most beloved social workers in our country, Brene Brown, has a new podcast.

[Tiny Desk Concerts From NPR](#): The ones featured in the link are thought to help with calming.

#### **SPOTIFY PLAYLISTS**

[Getting Through \(home\)](#)

[Out there. Thank you. \(front lines\)](#)

#### **EXERCISE**

[Peloton](#): You don't have to have a Peloton bike. Offering free 90 day trial.

[Pure Barre On Demand](#): Offering a 60 day free trial. Promo code: EXTENDEDTRIAL. Click the 30 day trial, start, and put in code - it extends from 30 to 60 days and puts fee to \$0.

[#KEEPDANCING Community Class Series](#): Free online community dance classes.

## STEP TWO:

# Don't forget step one, then choose how to best help your child(ren)

## RESOURCES FOR HELPING ASD INDIVIDUALS IN CRISIS

[Crisis Supports for the Autism Community](#): is a freely available resource, led by Lisa Morgan.

[Autism Resources for Crisis Centers](#): A webinar (\$10 cost)

[Starting a Conversation](#): Another webinar (\$35 cost)

## PARTICIPATE IN RESEARCH STUDIES

[SPARK](#): A national online autism research initiative that connects people with autism & their families to research opportunities to advance our understanding of autism.

[Pivotal Response Treatment-Telehealth Study](#): A research study examining the effectiveness of a treatment for improving communication abilities in young children with autism.

## STAY SOCIALLY CONNECTED

Many individuals on the Autism Spectrum want to stay connected with their peers and will benefit from continued connection. Yet it is challenging for us all to do this effectively right now. It is important to discuss etiquette for video conferencing. Please watch the below with your child and discuss etiquette with them to assure understanding.

[Simple social story video about using Zoom](#)

[Funny video about etiquette](#)

[Digital class rules for younger students](#)

## JFH 5 @; 5 A9G

Below is a listy of sites and apps that can be played with friends virtually:

Mommy Poppins Article: [Best Games Kids Can Play Virtually with Friends While Stuck at Home](#)

Trillist Article: [Host a Virtual Game Night With These Multiplayer Apps](#)

Insider Article: [12 classic board games you can play online with friends and family](#)

## VIRTUAL SUPPORT SERVICES

Numerous local providers & national centers are providing telehealth services

[Sunfield Center Virtual Parent Support Groups](#): Free parent group every Monday at 2pm, topics vary.

[Families First Online Education Series](#): A series of web-based educational opportunities for caregivers of young children with autism. Thursdays from 1:00-1:30pm.

## WEBINARS & INSTRUCTIONAL MATERIALS

[Online Early Start Denver Model \(ESDM\)](#): 16 free videos designed to help parents of young children add simple intervention strategies into their everyday routines.

[NYU Child Study Center](#): Scroll down to find several ASD-specific archived webinars.

[Social Thinking](#): Archived Webinars and other free social emotional support materials.

[Autism Distance Education Parent Training Program \(ADEPT\)](#): a free online resource to teach parents Applied Behavior Analysis (ABA) techniques.

## SOCIAL STORIES

[Georgie and the Giant Germ](#): a coloring book for young children about COVID-19, created by members of the Zero to Thrive team at University of Michigan.

[Carol Gray, creator of Social Stories, COVID-19 social story](#)

[Social Story with simple language and clear pictures](#)

[CDC Handwashing Visual](#)

[Autism Speaks Flu Teaching Story](#)

[Dealing with COVID-19](#): Numerous other social stories and videos to use with those with disabilities.

## HELPFUL WEBLINKS

[Autism Speaks COVID-19 Resource Center](#)

[Autism Society COVID-19 Toolkit](#)

[Autism Focused Intervention Resources and Modules](#): One stop shop for many useful tools from the University of North Carolina.

[NYU Child Study Center Articles](#)

[The National Child Traumatic Stress Resource Center](#): Has put together a nice list of resources for families of individuals with developmental disabilities.

[Interacting with Autism](#): Video collection about understanding, treating, and living with Autism from some of the leading experts in the field, not COVID specific.

[Keep Calm and Structure On](#): Free resources for creating structure at home.