

## **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 MAINTAINING SKILLS AND BEHAVIOR**

#### **Learning Skills Through Everyday Activities**

- Illinois Early Intervention Clearinghouse: [Everyday Early Intervention](#)  
Help maintain and grow your child's skills through everyday activities like doing the laundry
- OT Toolbox: [Home Activity Recommendations](#)  
Activity recommendations that promote movement, learning through play, and help to keep the kids off screens; recommended for use in conjunction with your occupational therapist when an OT is providing services

#### **At-Home/Downloadable Programs for Behavior Management and Skill Development**

##### **Materials developed specifically for COVID-19 pandemic:**

- Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill: [Supporting Individuals with Autism through Uncertain Times](#)  
extensive toolkit includes relevant resources ([available in multiple languages](#))
- [How-to ABA: Resources for Children with Autism During COVID-19](#)  
For younger or more disabled, includes links to additional resources

##### **For parents wanting systematic behavior management training:**

- Pyramid Education Consultants: [Autism 24/7: A Family Guide to Learning at Home and In the Community](#)  
Provides ABA guidance and downloadable materials
- University of CA Davis Mind Institute: [Autism Distance Education Parent Training](#)  
Provides on-line training to more effectively teach their children with autism and other neurodevelopmental disorders using Applied Behavior Analysis (ABA) techniques ([Spanish and accessibility options available](#))

##### **For more general support with skill development for young children:**

- Stages Learning: [Free Home Curriculum for Early Autism Education](#)  
Provides step-by-step lessons, activity sheets and behavior management tools to help maintain and grow your child's language, motor and academic skills while at-home; designed for young children with Autism