

RESOURCES AND SUPPORT FOR PARENTS

Emergency Remote Learning Post-Spring Break 2020- June 2020

- **Extending Learning at Home resources** (compiled by the Surrey School District)
<https://www.surreyschools.ca/ParentServices/Pages/default.aspx>
- **How to make a stay at home plan during the crisis** (Brendan Mahan, ADHD/Executive Function expert, and an engaging, sought-after speaker. He is the producer and host of the “ADHD Essentials” podcast.
<https://www.youtube.com/watch?v=n8VPzJtO4h0> (approx. 16 minutes) (pdf version Brendan’s of video)
<https://docs.google.com/document/d/1qviz3PoANMHcESFohJpJ-N1mlTKwGEFp0jGE3p07JmA/edit?usp=sharing>
- **Tips to stay involved with teen’s online communication**
<https://heartmindonline.org/resources/tips-to-stay-involved-with-youth-online-communication>
- **Connecting around Food during COVID-19: Opportunities for Parents and Caregivers**
<http://www.vch.ca/Documents/Connecting-around-food-during-COVID-19.pdf>
- **Collection of Resources for Families, including wellness, virtual activities, health resources, for individuals with developmental disabilities and their families**
<https://posabilities.ca/covid-19-resources/>
- **Crisis Prevention Institute Resources:**
https://www.crisisprevention.com/CPI/media/Media/download/PDF_De-escalation-Tips-Coronavirus.PDF?code=EBIT01DTCA&src=Resources&med=Website (poster)
- https://www.crisisprevention.com/CPI/media/Media/download/PDF_Parent-Listening.pdf?code=EBIT01PLP&src=Resources&med=Website
- **Brain1st: online activities to bring engagement, positive behaviours, and healthy movement to everyone from home**
<https://brain1st.ca/>
- **Disrupted Routine: Video for parents that outlines a few simple strategies for a disrupted routine**
<https://youtu.be/IFTx7VaHtII>
<https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19>
- **Purpose for Visuals: Video that explains the importance of visuals to help make connections and apply information**
<https://www.youtube.com/watch?v=s1eZ7h6u3JM>
- **Purpose for Visuals: A visual that explains the importance of visuals to help make connections and apply information**
<http://northstarpaths.com/wp-content/uploads/2016/05/9-reasons-to-use-visuals-graphic-1-pdf.jpg>
- **Home Learning Environment Social Story: Video**
<https://www.youtube.com/watch?v=r5ae-jJOJoM>
- **Family Support Institute: (FSI) is a provincial not for profit society committed to supporting families who have a family member with a disability. FSI supports and services are free to any family. This site will direct you to resources and support options.**
<https://familysupportbc.com/covid/>
- **PosAbilities: A database of resources to support families**
<https://posabilities.ca/covid-19-resources/>
- **ACT: Talking to children about COVID-19**
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?fbclid=IwAR0I3OrS27K-SzYftLgsVOUJwSZEVOZPL6m2mmSbrMQB1EFathHMCK8OW8>
- **ACT: A story about COVID-19 in plain language**
https://a4aontario.com/wp-content/uploads/2020/03/Covid_Guide_A4AOntario.pdf
- **ACT: Decreasing anxiety around COVID-19**
<https://www.nami.org/Blogs/NAMI-Blog/March-2020/How-to-Ease-Children-s-Anxiety-About-COVID-19>