



## Resources for families with children with disabilities

### TALK

with your child about the coronavirus- keep it simple. Many children on the spectrum will hyper focus on the details of this huge change in their life. They perseverate on changes because it's how they cope, but it can also lead to major meltdowns and behaviors. Help them by telling them how you are being proactive, and staying healthy and safe. Create a safety checklist that they can go through with you. It will make them feel more in control of a situation they don't have much control over. If they begin to request the same information over and over, send them to their checklist. Stay up to date on information by checking out the [Center for Disease Control Website](#).



### AVOID

frightening fantasies. You should be in charge of the information they are receiving and limit their exposure to news/social media. Stick to the facts and ask yourself what they really need to know vs. what you can leave out.



### ROUTINE

Structure, and Responsibility- They're out of school, which means they're out of their normal routine. Just like spring and summer break, you need to have a plan. Create a schedule! Use a chalkboard, whiteboard or just a piece of paper for a visual. At 9a we have breakfast, at 10a we do the dishes, at 11a we do math and science, etc. If your child is learning remotely, stick to that routine. Giving your child responsibilities gives them something they can be in control of. By doing so you're not only combatting down time and reducing anxiety for your child, you're also reducing learning loss. Create your own unique schedule [here](#).



### SUPPLIES

Do you have items around the house you can make sensory bins out of quickly? Do you have fidgets, weighted items, or headphones so that your child can self-regulate their own behaviors? It may be difficult to go out and buy these items during social distancing but many times you can create these things from stuff you already have.



Sensory Fun- create a water table by filling up a cooler and adding toys. Make ooblek using simple pantry ingredients [Click Here](#) for the recipe! Have some extra party balloons? Create DIY stress ball by adding either rice or flour. [See how here!](#)



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**While Miami Children's Museum is closed for our public programs, we have gone virtual!**

Follow us on all social media for the latest updates:

Facebook: <https://www.facebook.com/miami.childrens.museum>

Instagram: @miamichildrensmuseum

Twitter: @MiChiMu

Join our theater team for Virtual Story Time, or learn more about how to keep your little ones busy with our tutorials! We are also including the opportunity to shop our gift shop for great items to entertain your family! We have a wide variety of educational toys, games, musical instruments and books!

Email [apita@miamichildrensmuseum.org](mailto:apita@miamichildrensmuseum.org) for more information.

**Limited local delivery or curbside pick-up!**

**Be sure to see other resources listed below!**

**Social Stories and Comics: How to talk with your child about COVID 19**

[http://umcard.org/files/3915/8422/3594/COVID-19\\_Social\\_Narrative.pdf](http://umcard.org/files/3915/8422/3594/COVID-19_Social_Narrative.pdf)

<https://www.youtube.com/watch?v=xkZ23tDzN4c>

<https://www.npr.org/sections/goatsandso-da/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Worried about learning loss? Check out this comprehensive list of FREE educational resources:

<http://www.amazingeducationalresources.com/>

Many of Miami's museums and attractions are offering online educational opportunities, tours, and livestreaming of activities.

Resources for obtaining the Internet:

<https://www.internetessentials.com/> - In response to emergency measures associated with

Coronavirus (COVID-19), Internet Essentials will increase speeds from 15/2 Mbps to 25/3 Mbps for all customers. This speed increase will happen automatically - no action is required by customers. In addition, new customers will receive two months of free service.



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### Community Disability Resources for all ages:

<https://www.autismspeaks.org/autism-response-team-art> - The Autism Response Team (ART) is an information line for the autism community. Our team members are specially trained to provide personalized information and resources to people with autism and their families.

<https://www.cilsf.org/> - The Center for Independent Living of South Florida assists with advocacy, information and referral, peer support, independent living skills, and youth in transition. Though their offices are closed, they are still providing assistance remotely.

<http://umcard.org/home/> - Center for Autism and related disabilities. Still offering services for children on the spectrum remotely.

<http://www.citrushealth.org/#/help> - For mental health services, Citrus offices are open!

### Alternative Sources for Food/Grocery delivery:

<http://www.urbanoasisproject.org/covid-response.html> - Local produce alternatives- because most farmers markets are being cancelled. If you receive SNAP benefits Urban Oasis Project will double them.

<https://summerbreakspot.freshfromflorida.com/> - Summer BreakSpot locations are a place for kids and teens 18 and under to come and enjoy free meals while school is out- this includes during COVID 19 closures. Find a location near you!

[feedingsouthflorida.org/benefits-emergency-services/](http://feedingsouthflorida.org/benefits-emergency-services/) - Feeding South Florida provides direct-service programs to individuals in need of assistance. This includes benefits application assistance, access to our choice pantry, referrals for longer-term food assistance at a partner agency, and home delivery for qualified individuals.

### Overwhelmed? Stressed?

[https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/-NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US&mc\\_cid=f497010bc0&mc\\_eid=dca07eabb8](https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/-NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US&mc_cid=f497010bc0&mc_eid=dca07eabb8) - National Alliance of Mental Illness comprehensive guide to reducing stress and anxiety as well as many other essential needs resources.