**Melmed Center recommendations for parenting children with special needs during COVID-19**

1. ST4 Mindfulness Book for Kids series
   1. *Marvin’s Monster Diary – ADHD Attacks (But I Rock it, Big Time)*
   2. *Timmy’s Monster Diary: Screen Time Attacks! (But I Tame It, Big Time)*
   3. *Harriet’s Monster Diary – Awfully Anxious (But I Squish It, Big Time)*
   4. *Marvin's Monster Diary 2 (+ Lyssa): ADHD Emotion Explosion (But I Triumph, Big Time)*
   5. *Marvin's Monster Diary 3: Trouble with Friends (But I Get By, Big Time!)*
2. [UConn Parent Training website](https://parenttraining.chip.uconn.edu/) A free, web-based training program to educate caregivers in basic behavioral and naturalistic teaching principles.
3. [Exercise Buddy](http://www.exercisebuddy.com/)  Opportunities to facilitate physical activity during COVID-19 is critical. Exercise Buddy is an app which can help increase physical activity.
4. [Help Is in Your Hands](https://helpisinyourhands.org/) 16 lessons with animated videos of that walk caregivers through strategies to use with toddlers to support social communication*.*
5. [We Wear Masks](https://www.autismspeaks.org/sites/default/files/We_Wear_Masks_COVID-19.pdf) A simple Social Story to help children understand why we wear masks
6. [Making Mask-Wearing Easier for Autistic Adults and Those with Sensory Needs](https://www.youtube.com/watch?v=v_Q6OI_ij-o)  
   Some easy steps to practice mask-wearing.
7. [Caregiver Tips to Make Mask-Wearing Easier for People with Autism](https://www.youtube.com/watch?v=T1I4BcpTfIk) Steps caregivers can use to help children wear masks successfully as communities re-open.
8. [ASD Strategies in Action](http://autismcertificationcenter.org/here-to-help)  30+ hours of online video learning resources available at no cost for the autism community.
9. [COVID-19 Video Teaching Story from University of Miami – NSU](https://www.youtube.com/watch?v=xkZ23tDzN4c&feature=youtu.be) A helpful social narrative video to help individuals with autism understand the Coronavirus
10. [UC Davis Autism Distance Education Parent Training (ADEPT)](https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html) A 10-lesson learning module which provides parents with tools to teach functional skills.
11. [Challenging Behaviors Tool Kit](https://www.autismspeaks.org/tool-kit/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.
12. [Tips for managing children at home during COVID-19](https://www.autismspeaks.org/news/tips-managing-children-home-during-covid-19)
13. [Coronavirus (COVID-19) Virtual Outreach Series](https://www.cincinnatichildrens.org/service/d/developmental-behavioral/patients/outreach) from Cincinnati Children’s Hospital*: Supporting Families Through COVID-19 includes the following topics:*
    1. [Homebound: Strategies to Improve Compliance and Cooperation with Your Children](https://www.youtube.com/watch?v=wgeQRyQ-hg4&feature=youtu.be)
    2. [Behavior Management Basics](https://www.youtube.com/watch?v=nVnchPncZqA&feature=youtu.be)
    3. [Sleep Hygiene Tips for Parents of Children with Developmental Disabilities](https://www.youtube.com/watch?v=WKFRWHPW7o4&feature=youtu.be)
    4. [Calming Strategies in the COVID-19 Storm](https://www.youtube.com/watch?v=DFLL69Patsw&feature=youtu.be)
    5. [Coping with disrupted routines](https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19)
    6. [Continuing clinical care during social distancing and school/program closures](https://www.autismspeaks.org/science-news/how-handle-clinical-care-during-social-distancing-and-schoolprogram-closures)