

## Child Development Clinic COVID-19 Resource List

We understand that the current COVID-19 pandemic has brought about significant change and stress to the regular routines of families, particularly for parents and children involved with the Child Development Clinic. We have put together this list of resources that may be helpful to your family as we learn to navigate this period together.

### Resources

1. EasterSeals has included some great resources on their website for families to access during this period, including:
  - A [Social Story About COVID-19](#)
  - A [School Closure Toolkit](#) that has a variety of visual ideas for sensory, movement, and academic strategies, in addition to daily schedules that are available to be printed and then cut & pasted in a format that works for your family.
  - Ideas for [Indoor Activities for Energetic Kids](#)
2. Autism Focused Intervention Resources & Modules (AFIRM) released a COVID-19 Toolkit on [Supporting Individuals with Autism Through Uncertain Times](#).
3. [Go Noodle](#) has a wide selection of child-friendly videos on movement and mindfulness to help stay active and cope with the challenges of being out of routine and the anxiety that can come along with it.
4. Big Life Journal has developed a [Stay-At-Home Care Package](#) with lots of ideas for activities kids can do at home.
5. Triple P Positive Parenting Program has a list of [Top Parenting Tips for Parents and Caregivers in Uncertain Times](#).
6. CBC put out an article with [5 Tips for Parents with Children on the Autism Spectrum During COVID-19 Pandemic](#)

## Counselling

We know that this pandemic has increased feelings of anxiety and stress for both parents and kids. A number of organizations are offering free counselling support during this period including:

- [Aulneau Renewal Center](#) is offering wellness checks in addition to registration for their counselling program.
- [Anxiety Disorders Association of Manitoba \(ADAM\)](#) has an anxiety support line at 204-925-0040 which will be monitored with calls returned regularly between 9 a.m. – 9 p.m. on weekdays, and 10 a.m. – 4 p.m. on weekends.
- The [Province of Manitoba is introducing a new COVID-19 AbilitiCBT](#) therapy program that will allow individuals to connect with a therapist digitally through phone or video chat. This program is expected to be available in the next few weeks.

 World Health Organization

### Coping with stress during the 2019-nCoV outbreak

-  It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.
-  If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.
-  Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.
-  Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.
-  Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.
-  Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.