

Supporting Parents/Caregivers of Students with High Needs During the COVID-19 Pandemic



The purpose of this guide is to provide parents and caregivers of students with high needs guidance, tools, and resources to help support your efforts to engage your child/young adult in continued educational opportunities during the COVID-19 pandemic. The RESC Alliance has coordinated with the Connecticut State Department of Education (CSDE), the Connecticut Parent Advocacy Center (CPAC), and the Connecticut Association of Private Special Education Facilities (CAPSEF) to assemble online resources. These resources have been organized into ten different topical categories, listed below, and are meant to assist parents/caregivers in navigating the world of continued educational opportunities. These resources are not meant as a substitute for the work families and district personnel have developed as a team, but as a supplemental resource to assist with developing engaging activities for students throughout the day. Access the complete [resource guide](#) and the [webinar series](#).

Getting Started

Getting started is made up of three main sections, each with tips and suggestions on how to put the information presented into practice, as well as some resources that may be helpful. The first section provides **some functional tips** related to establishing and maintaining consistent communication with your school-based team. The second section provides information related to **self-care for the parent/caregiver**, so that they can be strong, supportive caregivers to their loved ones. The third section provides information related to **setting up the environment at home**, so that students have an organized place dedicated to completing academic work. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Communication Skills

Tools and resources related to social skills, expressive and receptive vocabulary, and augmentative and alternative communication (AAC). Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Literacy

Tools and resources related to shared reading, access to books, word identification and decoding, alphabet and phonological awareness, comprehension, and writing. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Math

Tools and resources related to computation, problem solving, access, and other activities. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Science / Social Studies / Current Events

Tools and resources related to science, social studies, and current events. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Physical Activity / Mobility

Tools and resources related to physical activity and mobility activities. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Life Skills and Self-Help Skills

Tools and resources related to supporting or creating opportunities for children to practice daily living skills that develop independence. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Art

Tools and resources related to supporting rich, meaningful art activities. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Sensory Activities and Supports

Tools and resources related to supporting sensory activities and breaks. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).

Play and Leisure

Tools and resources related to supporting play and leisure activities. Access the [webinar series page](#) to [watch the webinar](#) and [download the presentation](#).