



CONNECTICUT STATE DEPARTMENT OF EDUCATION

**Supporting Parents/Caregivers
of Students with High Needs
During the COVID-19 Pandemic
Overview & Getting Started**

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Introductions

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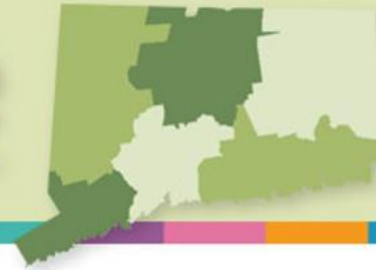
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Today's Session

- Sharing BSE Activities
- Sharing a **NEW** Resource

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

<https://tinyurl.com/parentshighneeds covid-19>

We are all in this together!

BSE Activities

- Guidance
 - U.S. Department of Education COVID-19 Information and Resources:
<https://www.ed.gov/coronavirus>
- Resources
 - BSE Special Education Guidance and Resources for COVID-19:
<https://portal.ct.gov/SDE/Special-Education/Bureau-of-Special-Education/Coronavirus>
 - CSDE COVID-19 Resources for Families and Educators:
<https://portal.ct.gov/SDE/COVID19/COVID-19-Resources-for-Families-and-Educators>
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Supporting Parents/Caregivers of Students with High Needs During COVID-19 Pandemic

[<https://tinyurl.com/parentshighneeds covid-19>]

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 RESAC 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.

The complete resource guide can be accessed at: <https://tinyurl.com/parents high needs covid-19>.

Getting Started



Getting Started For Parents/Caregivers of Students with High Needs During COVID-19

GETTING STARTED FOR PARENTS/CAREGIVERS OF STUDENTS WITH HIGH NEEDS

Supporting continued educational opportunities for students during the COVID-19 pandemic is a challenge for any parent/caregiver; however, it is of particular challenge for students who have high needs. Communication with school-based teams, the creation of schedules/routines, and setting of expectations are of utmost importance.

[<https://bit.ly/highneeds-gettingstarted>]

Getting Started

GETTING STARTED: SOME FUNCTIONAL TIPS

It will be essential to be in frequent contact and communication with your child's school-based team. Communicate your priorities and your schedule to them. Work with them to determine the best ways to provide some of the continuing educational opportunities needed for your child.

SELF-CARE FOR THE PARENT/CAREGIVER

It is critical for parents and caregivers to take care of themselves, especially those with students with high needs. During a time of crisis, such as the COVID-19 pandemic, self-care becomes all the more important. Parents and caregivers need to take care of themselves, so that they can be strong, supportive caregivers to their loved ones. Each and every one of us experienced the increased stress of juggling multiple roles in our home environment. This is magnified if you have a family member who requires extensive supervision and engagement.

SETTING UP THE ENVIRONMENT FOR CONTINUED

EDUCATIONAL OPPORTUNITIES AT HOME

While enriching activities can be provided throughout activities of daily living, it is also important for students with high needs to have an organized place dedicated to completing academic work. This helps to set the stage for completing academic activities, if appropriate for your child. Also, it will be very helpful to determine a schedule, and stick to it as much as possible - but be flexible if it cannot be followed to its fullest. Your school-based team may have provided you with a schedule that you can use. And if you need help, they might be able to assist you.

Thank You! – Be Safe!

For their contributions to this resource, we sincerely thank:

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