

NEW YORK STATE SENATOR

James Skoufis

Skoufis Releases COVID-19 Tips for Families With a Child of Special Needs

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ISSUE:

- Coronavirus
- Coronavirus Response
- Coronavirus Pandemic; Mental Health
- COVID-19

facts making them fully aware of what is happening.

The goal is not to scare them with information, but help them feel informed and prepared.

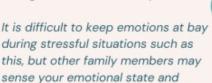


and reminder cards to demonstrate hand washing practices.



Remain calm

It is important for parents and caregivers to portray a calm demeanor during an emergency such as a quarantine & significant changes in routine/mobility.



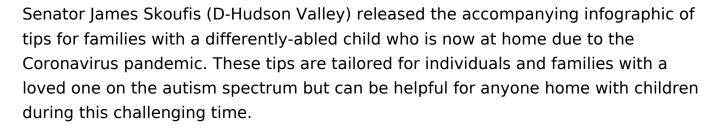


Prepare a 'safety & calm' kit

This could include: sensory toys, therapeutic comfort aid, weighted blanket, list of medications, identification documents.



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Tips included are:

- Stay informed have a conversation with your children providing statistics and facts making them fully aware of what is happening; the goal is not to scare them with information, but to help them feel informed and prepared.
- Practice good hygiene create visual cues and reminder cards to demonstrate hand washing practices.
- Remain calm it is important for parents and caregivers to portray a calm demeanor during an emergency like quarantine and other significant changes in routine.
- Prepare a 'safety and calm' kit this could include: sensory toys, therapeutic comfort aid, weighted blanket, list of medications, identification documents.
- Be prepared for immediate needs before a possible emergency create a network of relatives, friends or co-workers to assist in an emergency. Make sure to wear any needed medical alert tags or bracelets to identify you or your loved one's needs.

 Keep the following in mind - keep routines as close as possible to a typical day; using a word or picture-word schedule, make substitutions where necessary; replicate school schedule as much as possible with academics or homework practice, snack or story time, etc.; explain to the child in a factual, positive way why these changes have occurred and that it's important to stay safe and healthy; be mindful of siblings and supporting family members.

Senator James Skoufis said, "Every single family in our community is affected by this pandemic right now. For parents, especially, who depend on a school routine for their children, being asked to stay in your home for an unknown period of time can be challenging. That's why my team and I worked with professionals in the field to put together this infographic of tips for families who have a loved one with special needs at home. These are simple, everyday ways that can help make an incredibly difficult situation a little bit easier."

Stacey Orzell, Autism Move A Thon of Orange County Consultant and Special Olympic Swim Coach said, "Preventative preparedness is essential to ensuring your family will have the best possible outcomes in unexpected circumstances. In a moment of panic, one has challenges focusing and can easily miss a beat. This can be especially concerning for families with children who have special needs. I think it is wonderful that Senator James Skoufis and his team have made time to produce a resource care guide of reminders for families of differently-abled individuals. The information will help ensure success for health, safety, and is helpful for any family."

Attached please find the infographic.

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