



# NC SEEDLING



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

## COVID-19 Resources for Families

The following is a collection of resources designed to lend support to families during this time of change and uncertainty. We hope some of the information is helpful to you and your child.

### Supporting Individuals with Autism during COVID-19 (recorded webinar)

Presented by Dr. Klinger from UNC Chapel Hill's TEACCH Autism Program and Dr. Hume from the Frank Porter Graham Child Development Institute, this webinar focuses on strategies to address predictability and coping skills for individuals with autism.

<https://heelstream.med.unc.edu/hapi/v1/contents/permalinks/Ax3z2NEi/view>

### COVID-19 Toolkit: 7 Strategies to Support Individuals with ASD through Uncertain Times

This toolkit includes examples and ready-made materials to help caregivers implement strategies quickly and easily. It's available in several languages.

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

### TEACCH Tips

The TEACCH Autism Program offers a collection of tips for families and provides ideas on how to support individuals with autism during times of change.

<https://teacch.com/resources/teacch-tips/>

### The Carolina Institute for Developmental Disabilities

The CIDDD has shared a list of resources related to COVID-19 that may assist persons with developmental disabilities and their families.

<http://www.ciddd.unc.edu/covid/>

### The Arc of North Carolina

The Arc has a number of COVID-19 resources that offer support to individuals with developmental disabilities and includes The Self-Advocacy Resource and Technical Assistance Center -Plain Language Booklet (also available in Spanish).

<https://arcnc.org/COVID-19>

### The North Carolina Department of Public Instruction

The Office of Early Learning offers resources for families including weekly learning activities that do not require technology and are aligned to NC standards. There is also information on discussing COVID-19 with children and tips for schooling at home.

<https://sites.google.com/dpi.nc.gov/nck-3fap/remote-learning?authuser=0>

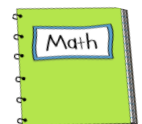
UNC-CH, Department  
of Epidemiology

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[www.NCSEED.org](http://www.NCSEED.org)

### NOTES

- All 6 sites have enrolled 2635 families.
- NC SEED has enrolled 426 families.
- Thank you for your participation!



## Looking for At-Home Play and Educational Ideas?

Children's museums are offering a variety of play and educational resources online.

<https://www.marbleskidsmuseum.org/playtools>

<https://www.chicagochildrensmuseum.org/recipes-for-play-at-home>

<https://findchildrensmuseum.org/at-home/>

A list of museums offering virtual programming to support playful learning at home!

Search the list by activity type which includes some of these topics: Animals and Nature, Arts & Crafts, Cooking, Exercise, Music, Sensory Play, and STEAM (Science, Technology, Engineering, Arts, and Math).

