

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 here: [Supporting Parents/Caregivers of Students with High Needs During the COVID-19 Pandemic](#).

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. [Visit Getting Started](#).

Communication Skills

Tools and resources related to social skills, expressive and receptive vocabulary, and augmentative and alternative communication (AAC). [Visit Communication Skills](#).

Literacy

Tools and resources related to shared reading, access to books, word identification and decoding, alphabet and phonological awareness, comprehension, and writing. [Visit Literacy](#).

Math

Tools and resources related to computation, problem solving, access, and other activities. [Visit Math](#).

Science / Social Studies / Current Events

Tools and resources related to science, social studies, and current events. [Visit Science, Social Studies, and Current Events](#).

Physical Activity / Mobility

Tools and resources related to physical activity and mobility activities. [Visit Physical Activity and Mobility](#).

Life Skills / Self-Help Skills

Tools and resources related to supporting or creating opportunities for children to practice daily living skills that develop independence. [Visit Life Skills and Self-Help Skills](#).

Art

Tools and resources related to supporting rich, meaningful art activities. [Visit Art](#).

Sensory Activities

Tools and resources related to supporting sensory activities and breaks. [Visit Sensory Activities](#).

Play and Leisure

Tools and resources related to supporting play and leisure activities. [Visit Play and Leisure](#).