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CASD CHAT E-Newsletter

Coronavirus (COVID-19)

Dear CASD Families,

I hope this finds your family well and safe!

We are more than halfway through 2020. DC, Maryland, and Virginia are in various phases of re-opening. I am sure there are concerns about how to keep your children safe. (You can find a new safety resource below.) You may also be thinking, when can we get back to normal? The short answer, and I am sure many of you already know this, is that none of us know. I believe this is the even bigger challenge for many of us, the uncertainty, the not knowing. There is so much uncertainty around us: uncertainty about the upcoming school year, not knowing how to keep our children entertained and engaged this summer, the list goes on. This can be overwhelming. However, one thing I have learned is that we all face the unknown in our lives, often everyday, but it often presents itself within the confines of our daily routines and rituals that keep us grounded. Let's pause together...

If there is one place you could go right now, where would it be? It can be some place you went as a child, a place you planned to go this year, a place you have been before or a place you dream to go. What is this place like? How do you feel when you are there? How does it feel to be there? What sounds do you hear there? Are there any familiar smells that transport you there? Take a few moments and dream...

Welcome back. How do you feel now? Did you enjoy taking a moment to remember and/or dream? If this was difficult for you, that is okay. Let's take three cleansing breaths together. Roll you shoulders back, lift your chest, and...

Inhale through the nose (happiness), exhale through the nose (sadness).
Inhale through the nose (grounded), exhale through the nose (overwhelm).
Last one...
Inhale through the nose (hope), exhale through the nose (fear).

Notice how you feel. If you feel good, try to come back to this feeling every day. If you do not, try to do something that brings you joy daily.

As I said a few months ago, "The world as we have known it, is not the same. How can any of us expect to not be affected by it?" It goes without saying that our children are affected by it too. I read this great article on the Organization for Autism Research's website called "How Children with Autism Are Affected By COVID-19", and there are some great tips and ideas. Throughout the last few months, I have shared various resources you can access during the pandemic and during this time of great societal change. Please visit our CASD Chat webpage to revisit past newsletters.

Sadly, this will be my last CASD Chat newsletter, as I transition my role. It has been a privilege to share my knowledge and resources with you over the last three and a half years.

Please remember that YOU are not alone, YOU are resilient, and do your daily self-care!

Be well and stay safe,
Yetta Myrick
Community Engagement and ECHO Autism Manager

Children's National Hospital COVID-19 Resources

Children's National Hospital is regularly updating the Coronavirus (COVID-19) Resources webpage: https://childrensnational.org/visit/resources-for-families/wellness-resources/coronavirus

Coronavirus Resources

NEW!!! Virtual Summer Programming
Kids in Action at Home
KEEN Live at Home Online Sessions

NEW!!! Resources on Racism/Supporting Black People
Spectrum Support's Social Stories on Racism
ASAN's What is Police Violence?: A Plain Language Booklet
@TheMorganCruise Worksheets for Black Children

NEW!!! Safety Resources
Behavioral Directions LLC's Safety Teaching Protocol

National and Local Government Resources
Centers for Disease Control and Prevention
World Health Organization
DC Department of Health
Maryland Department of Health
Virginia Department of Health

[NEW!!! U.S Department of Education's Individuals with Disabilities Education Act (IDEA) Part C Dispute Resolution Procedures](#)

[NEW!!! U.S Department of Education's Individuals with Disabilities Education Act (IDEA) Part B Dispute Resolution Procedures](#)