



CASD CHAT E-Newsletter

Coronavirus (COVID-19)

Dear CASD Families,

I hope this finds your family well and safe!

At this point, we have been in quarantine for over two months. School districts across DC, Maryland and Virginia are closed through the end of the 2019-2020 academic school year. Families are adjusting to distance learning or not, some families may be concerned about summer programming, and the "everyday". It can be a lot. No doubt about it. I want you to take a break with me. Literally for five minutes, stop whatever you are doing. Stop reading this newsletter, (I want you to come back though :-)). Set your alarm for 5 minutes, and do something for yourself for five minutes...

...and we are back! I stopped, went into the kitchen, and put on some hot water for a cup of hibiscus tea, drank a glass of water and looked out the window, and breathed. It was nice to stop and pause. I hope you felt similar. How did it go for you? How did it feel to take a few minutes for yourself?

Remember, YOU are resilient. It is okay to ask for help. There are many resources in the community to assist you on this journey, some of which I included in the resources below.

Be well,

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>

Children's National Hospital is scheduling essential in-person appointments

and procedures. Telehealth visits are also available for most of your child's care needs. Call the Bear Line at 1-888-884-BEAR (2327) to schedule and learn more about your care options.

Coronavirus Resources

NEW!!! Autism Specific Resource

[Autism Society of Minnesota Guide to Managing Self-Quarantine and Social Distancing](#)

NEW!!! Parent Guides for Face Masks Use

[A Parent's Guide: Helping Your Child Feel Good About Wearing and Seeing Others Wear Face Masks](#)

[A Parent's Guide: Helping Your Child Wear a Face Mask](#)

[I Can Stay Healthy By Wearing a Face Mask](#)

NEW!!! Learning Resources

[Nat Geo @ Home](#)

NEW!!! Book about Coronavirus

[We're Going to Be O.K.](#)

NEW!!! Social Stories About Coronavirus

[Schools Are Closed](#)

NEW!!! Self-Care Resources

[Mental Health and Coping During COVID-19 \(CDC\)](#)

[Self-Care in the Time of Coronavirus](#)

[Taking Care of Your Emotional Health \(CDC\)](#)

Virtual Calming Rooms

[Corona-Norco Unified School District \(CNUSD\) Virtual Calming Room](#)

[Independent School District 196 Rosemount-Apple Valley-Eagan Virtual Calming Room](#)

NEW!!! Webinar

[DC Autism Parents COVID-19 Webinar Series: Smithsonian Digital Resources](#)

[DC Autism Parents COVID-19 Webinar Series: Speech, Language, and Social Skills at Home](#)

National and Local Government Resources

[Centers for Disease Control and Prevention](#)

[Centers for Disease Control and Prevention Handwashing Tools](#)

[World Health Organization](#)

[DC Department of Health](#)

[Maryland Department of Health](#)

[Virginia Department of Health](#)

[U.S. Department of Education's Questions and Answers on Providing Services to Children with Disabilities during COVID-19](#)

[U.S. Department of Education's Supplementary Fact Sheet](#)

Organization for Autism Research Language Survey

When referring to people as a group or in general, the Organization for Autism Research (OAR) currently uses person-first language (e.g. "people with autism"). OAR is evaluating this position and reconsidering the language that they use in formal communications in both written and spoken form. OAR is interested in learning about the language that our audience prefers when discussing autism and the reasons for those preferences. [Click here to complete the survey!](#)