

# Center for Autism Spectrum Disorders

[www.childrensnational.org/CASD](http://www.childrensnational.org/CASD)



## Children's National: CASD CHAT

### Coronavirus (COVID-19)

Dear CASD Families,

I hope this finds your family safe and healthy!

At this point, we have been in quarantine for the last seven weeks. Distance learning is well underway across DC, Maryland and Virginia, and we are all being asked to do a lot. Let's pause together...

INHALE, shrug your shoulders up towards your ears, and EXHALE, roll your shoulders down and back. Do this three times. Take a moment to notice how you feel.

As we all settle into the "new normal", we have to remember to be kind to ourselves. We are being asked to not only parent, but now be our children's teachers and therapists. For many parents, this is a new journey. Not to mention, you are either working from home, still working an essential job outside of the home or are not working, which all can be stressful for a number of reasons. I hope that you are not thinking you should be pushing yourself to do the same things you did before COVID-19, even in this modified environment, because this is just not humanly possible. The world as we have known it, is not the same. How can any of us expect to not be affected by it? How can we expect ourselves to operate at the high levels we did two months ago when our worlds have been turned upside down? Now is a time for us to slow down. A time to be reflective. A time to be grateful for what we DO have.

I would like to remind you that the autism community is resilient. YOU are resilient. There are many resources in the community to assist you on this journey, including the resources to follow.

Please remember, you are not alone and do your daily self-care! There is no wrong way to do it. It can be as little as five minutes a day.

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>

The Children's National Hospital's Center for Autism Spectrum Disorders, Pediatric Health Network and Beyond the Spectrum program have put together "[What is Coronavirus?](#)" to help children understand some of the changes we have made in our daily lives due to COVID-19. You can also download the PDF version [here](#).

## Coronavirus Resources

### NEW!!! Autism Specific Resource Lists

[Child Mind Institute](#)

[Ivymount Outreach At Home Resources](#)

[Organization for Autism Research](#)

[Pathfinders for Autism](#)

[The Treatment and Learning Centers](#)

[Yale's Child Study Center](#)

### NEW!!! Learning/Support Resources

[Boardmaker](#)

[Coronavirus Vocabulary](#)

[NJ Coalition for Inclusive Education](#)

### NEW!!! Community Resources

[Online Only Make Believe](#)

[Music for Autism Virtual Concerts](#)

### NEW!!! Self-Care Resource

[Audible](#) is offering free stories for kids of all ages

[Calm](#) is offering free meditations, sleep stories and more

[A Guided Meditation Exercise for Relaxation in Times of Stress](#)

[YMCA 360](#)

### NEW!!! Webinar

[DC Autism Parents: Special Education and COVID-19](#)

### 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](#)

## Art for Autism Awareness and Acceptance Month

In recognition of Autism Awareness and Acceptance Month, the Ivymount School partnered with Children's National Hospital and the Center for Autism Spectrum Disorders (CASD) to mount an exhibit of student artwork. Check out this video created by the Ivymount School showcasing the exhibit!

# The Ivymount School Art Exhibit at Children's National Hospital



Ivymount School Art Exhibit at Children's National Hospital