

THE CENTER FOR YOUTH DEVELOPMENT & INTERVENTION (CYDI)

SUMMER 2020 NEWSLETTER



CYDI RESPONSE TO COVID-19

Here at the Center for Youth Development and Intervention, we're dedicated to keeping our families and community members safe, informed, and supported. While we can't meet in person right now, we're here for you and your family and you should still reach out and use us as a resource if you need. Additionally, follow us on Facebook for updates and resources that may be helpful throughout this time of quarantine. We hope you stay safe and we're excited to see you in the future.

The COPE Study: Impact of the COvid-19 pandemic on PEople with Autism

The Center for Youth Development and Intervention and the Autism Spectrum Disorders Clinic at the University of Alabama is conducting a research study to evaluate the challenges and adaptations made by caretakers/families of individuals with ASD and the clinicians and researchers who provide services for those with ASD and their families. We are seeking to understand more information about unmet needs/changes that could be made in the case of future widespread natural/manmade disasters to better serve and inform the types of supports needed for families of individuals diagnosed with ASD as well as the clinicians and researchers who work with this population on a regular basis. If you are a caretaker/parent of a child with ASD or a professional who works with individuals with ASD (e.g., therapist, psychologist, teacher, researcher, etc.) we would like to invite you to participate in a short survey.

The survey should take you approximately 20 minutes. In appreciation for your time and effort, we are offering a \$20 Amazon gift card at the completion of the survey. If you would like more information concerning the research, please email cydi@ua.edu or phone 205-348-3438.

PUTTING ROUTINE IN QUARANTINE

Children thrive from an established routine. With the unpredictable nature of the coronavirus, we know it can be hard to establish and maintain a routine amidst uncertainties. Here are some of our tips:

1. Be open and communicative about the changes to routines and structures.
2. Keep as much of your child's typical school routine as you can. This will help create a sense of normalcy and make the transition to virtual learning easier. For example, if your child studies science as his/her first subject of the day, try planning at-home learning activities that model this order.
3. Use this time to develop fundamental independent living skills. As we are all cooped up, you can utilize this time to teach skills like laundry, doing the dishes, or making the bed.
4. Be patient and realistic. We are all navigating through uncharted waters, and hiccups are bound to occur. Be sure to schedule breaks for every member of the family!
5. The National Association of School Psychologists has provided an awesome resources to highlight even more ways to help your children and model good behavior: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Source: <https://www.autismspeaks.org/news/how-cope-disrupted-family-routines-during-covid-19>

RESOURCES

VIDEO FOR CHILDREN EXPLAINING COVID-19 & HOW TO PROTECT YOURSELF:
[HTTPS://WWW.BRAINPOP.COM/HEALTH/DISEASES/INJURIES/CONDITIONS/CORONAVIRUS/?FBCLID=IWAR2AOUZRK4LQ7CLR-14-WXJAEJG4AQXBKYH4JDZF6QTLTVMCKYX7FZXIYKQ](https://www.brainpop.com/health/diseases/injuries/conditions/coronavirus/?fbclid=IWAR2AOUZRK4LQ7CLR-14-WXJAEJG4AQXBKYH4JDZF6QTLTVMCKYX7FZXIYKQ)

TOOLKIT ON SUPPORTING CHILDREN WITH ASD THROUGH COVID-19:
[HTTPS://AFIRM.FPG.UNC.EDU/SITES/AFIRM.FPG.UNC.EDU/FILES/COVID-RESOURCES/SUPPORTING%20INDIVIDUALS%20WITH%20AUTISM%20THROUGH%20UNCERTAIN%20TIMES%20FULL%20PACKET.PDF](https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/COVID-RESOURCES/SUPPORTING%20INDIVIDUALS%20WITH%20AUTISM%20THROUGH%20UNCERTAIN%20TIMES%20FULL%20PACKET.PDF)

SCHOLASTIC LEARN AT HOME EDUCATION RESOURCES FOR GRADES PRE-K THROUGH GRADE 9:
[HTTPS://CLASSROOMMAGAZINES.SCHOLASTIC.COM/SUPPORT/LEARNATHOME.HTML](https://classroommagazines.scholastic.com/support/learnathome.html)

EDUCATIONAL GAMES & VIDEOS:
[HTTPS://PBSKIDS.ORG/](https://pbskids.org/)

VIDEOS OF ASTRONAUTS READING FROM SPACE:
[HTTPS://STORYTIMEFROMSPACE.COM/LIBRARY/](https://storytimefromspace.com/library/)

LIVE ANIMAL WEBCAMS:
[HTTPS://ZOO.SANDIEGOZOO.ORG/LIVE-CAMS](https://zoo.sandiegozoo.org/live-cams)

AT-HOME ACTIVITIES & PARENT RESOURCES:
[HTTPS://WWW.CDM.ORG/VIRTUAL-MUSEUM/](https://www.cdm.org/virtual-museum/)

VIRTUAL ARTS & HISTORY EXPERIENCES:
[HTTPS://ROCHESTER.KIDSOUTANDABOUT.COM/CONTENT/VIRTUAL-EXPERIENCES-AVAILABLE-247](https://rochester.kidsoutandabout.com/content/virtual-experiences-available-247)

VIDEOS OF TUSCALOOSA LIBRARIANS READING BOOKS:
[HTTPS://TUSCALOOSAREADS.ORG/?FBCLID=IWAR1Q9KUISDZ50MCMSWWYXXAXJY4P2WBPS2PRC30_-THG-9HSVIXP6H-AREY](https://tuscaloosareads.org/?fbclid=IWAR1Q9KUISDZ50MCMSWWYXXAXJY4P2WBPS2PRC30_-THG-9HSVIXP6H-AREY)

TUSCALOOSA CHILDREN'S MUSEUM ONLINE:
[WWW.CHOMONLINE.ORG](http://www.chomonline.org)

MUSICALS FOR STREAMING ONLINE:
[HTTPS://WWW.PLAYBILL.COM/ARTICLE/15-BROADWAY-PLAYS-AND-MUSICALS-YOU-CAN-WATCH-ON-STAGE-FROM-HOME](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home)

THANK YOU!

The CYDI would like to thank our healthcare heroes on the frontlines. We are so grateful for your service.

We would also like to thank our UA Counseling Center for providing free counseling services for frontline workers.

They are committed to providing free services for those who need it.

You are heroes, and we are so grateful for your hard work!

CONGRATULATIONS
ARE
IN
ORDER...

Director, Dr. Susan White, was tapped as an honorary member to Mortar Board!

Our CYDI Class of 2020 graduates!



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cydi.ua.edu



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