

Tips to manage during COVID-19

Supporting children and youth with autism and intellectual disability and their families in a pandemic.

Key Challenges



1

Communication

2

Anxiety and worry

3

Challenging pandemic procedures and protocols

Tip

Manage how much information that is being taken in by you and your child. Trusted sources of information, in limited amounts, are helpful. Too much information can lead to anxiety.

Tip

Be honest and sensitive, and attend to the individual's questions and concerns. Share honestly, but monitor how much information is helpful and how this information is being received. Professionals are advised to listen to parents who typically know their child best.

Managing Stress



Engage

Reach out for support, as needed



Encourage

Invite the child/youth to share how they're feeling



Remind

Remind your child/youth that they are not alone



Monitor

Pay attention to the level of anxiety in the home



Structure

Integrate positive activities and routines



Remember

Reflect on times you and your child have successfully come through difficulty



Communication

Communication is essential



Plan

Be as prepared as possible

Resources

Continue to monitor the level of anxiety you, your child/youth or others in your family may be experiencing. If needed, contact a mental health counsellor or other resource in your community. Some important Canada-wide resources include:

211 Canada

☎ 211 🌐 211.ca

Information on health and social services across the country.

Kids Help Phone

☎ 1-800-668-6868 🌐 kidshelpphone.ca

A 24/7 national service that provides resources in both French and English.

Canadian Mental Health Association

🌐 cmha.ca

A variety of mental health services.