Waukesha County Children with Special Needs COVID-19 Resource Newsletter – Issue #5



Hello! To our fantastic Waukesha County Children’s Long Term Support Waiver families!

During this trying time of uncertainty for many children and families, the Children with Special Needs Unit is pleased to provide you with additional resources on a variety of topics over the next few weeks.  We know that for many families, our worlds have been turned upside down and our daily routines have been impacted greatly.  We hope that you find a few of these resources helpful, as we all walk through uncharted territories.

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**Notes from the Department of Health Services - Bureau of Children’s Services:**

* The Wisconsin Department of Health Services (DHS) has released [Children’s Long-Term Support Waiver Provider Bulletin, issue 2020-02, Incident Reporting for Children's Programs](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA0MjAuMjAzODUwMDEiLCJ1cmwiOiJodHRwczovL3d3dy5kaHMud2lzY29uc2luLmdvdi9wdWJsaWNhdGlvbnMvcDAyNDQyLTIwLTAyLnBkZiJ9.tX7xeqQWqmPQXqzHXXS7-6j4jkYo_3yo0rduA8FmOtc%2Fbr%2F77611948818-l&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515401812&sdata=C0wLpVRB6XRoOPwCsXJ%2FVgJzbR00J8XciVGgV5Ez0q4%3D&reserved=0).  The purpose of this bulletin is to review waiver provider responsibility to report incidents and to inform you of a new provider information sheet outlining reporting requirements for providers developed by DHS.

**Notes from the Children with Special Needs Programs:**

* Please reach out to your Waukesha County Service Coordinator with any resource requests or increased support that you need at this time.
* Service Coordinators are continuing to work remotely.   Please remember, they are calling you via cell phones that have blocked or restricted numbers.   Therefore, it could show up as “Unknown caller” or “Restricted”.   Please check your voicemails, as it is likely that you have been left a voicemail message.

**School at Home Resources:**

* Tips for Families in Supporting Their Children with Disabilities in Virtual Formats (English and Spanish) from the Florida Inclusion Network. [http://www.floridainclusionnetwork.com/wp-content/uploads/2020/03/Parent-Virtual-Tips-SWD-Final-03.24.20.pdf](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.floridainclusionnetwork.com%2Fwp-content%2Fuploads%2F2020%2F03%2FParent-Virtual-Tips-SWD-Final-03.24.20.pdf&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515411760&sdata=S2cR4JBcKztZFWBkhEkpLIuMwyJp1PHgik50ATPH6gg%3D&reserved=0)

[http://www.floridainclusionnetwork.com/wp-content/uploads/2020/03/Family-Virtual-Tips-SWD-Spanish.-03.30.20.pdf](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.floridainclusionnetwork.com%2Fwp-content%2Fuploads%2F2020%2F03%2FFamily-Virtual-Tips-SWD-Spanish.-03.30.20.pdf&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515411760&sdata=VRxJ7%2BvcgbrkmEw43kpfMVRdX1vQaTt%2FkD0kKHJDip8%3D&reserved=0)

* [https://www.floridainclusionnetwork.com/whats-new/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.floridainclusionnetwork.com%2Fwhats-new%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515421716&sdata=w0qFRHbxNmXDFiwKPf57lNd3Hak16ZV84hHuggEykQw%3D&reserved=0) - Florida Inclusion Network is offering a recording of a Paula Kluth webinar on "5 Way to Support Students with Special Needs".   \*\*This is free to access through April.\*\*
* [5 Ways to Get All Students Connected for Distance Learning](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsense.org%2Feducation%2Farticles%2F5-ways-to-get-all-students-connected-for-distance-learning%3Fj%3D7731546%26sfmc_sub%3D200789615%26l%3D2048712_HTML%26u%3D144451269%26mid%3D6409703%26jb%3D496%26utm_source%3Dedu_nl_20200407%26utm_medium%3Demail&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515421716&sdata=nDiI16ezOguui6arsn9JRAAq7t6a41V8BaWnO8jw1PY%3D&reserved=0) - Help students and their families access low-cost and free internet, devices, and educational content.
* [Peanuts In Home Classroom Ideas](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.peanuts.com%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515421716&sdata=Mv7B%2BROUWkZgJdVXshHgIG2FOm4QQbvsOt81PpKV2Ug%3D&reserved=0) – Lessons plans and activities to do with your children, along with downloadable coloring sheets and videos.
* [Crayola – Create & Learn at Home](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.crayola.com%2Fathome&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515431675&sdata=rWlwD0PRnDIvWvXC8hEYMI9MUEHWryNK05rcymGHOIE%3D&reserved=0) – Mark your calendars: color & singalong, craft demo, DIY craft idea and doodle along, Weekly Creativity: Earth Day DIY, coloring sheet and lessons, DIY creative crafts for kids & adults, at home learning resources and free coloring pages.
* [Free Online Events and Activities for Kids at Home](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Fblog%2Ffree-online-events-activities-kids-at-home-coronavirus%3Fj%3D7743847%26sfmc_sub%3D200789615%26l%3D2048712_HTML%26u%3D144796165%26mid%3D6409703%26jb%3D510%26utm_source%3Dmem_nl_20200415_consumer%26utm_medium%3Demail&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515431675&sdata=SwX7YR%2FUeMjq5ppkWnN0PwGNJHo8XG%2FQa9tdb7d8oBM%3D&reserved=0) – Lengthy list of Educational Activities & Lesson Plans (updated regularly)

**Virtual Activities:**

* [Goodnight, Mickey! Disney re-launches their Bedtime Hotline for kids](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.fox32chicago.com%2Fnews%2Fgoodnight-mickey-disney-re-launches-their-bedtime-hotline-for-kids&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515441628&sdata=XZ0FFJddsx5bXNrQrHEup%2Ba115Up4zefIRgChvomzO0%3D&reserved=0) - Kids can call 1-877-7-MICKEY and hear a special goodnight message from five Disney characters: Mickey Mouse, Minnie Mouse, Donald Duck, Daisy Duck or Goofy.
* [Google Earth National Parks Tours](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fearth.google.com%2Fweb%2F%4034.7325599%2C-94.20828246%2C-34.01744348a%2C12000000d%2C35y%2C0h%2C0t%2C0r%2Fdata%3DCi0SKxIgMzVhNjc1YmQ0NjVjMTFlOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515441628&sdata=osgKsJcnuCUm1mO%2F4jmvNcXlfjEEmXn%2BMNzXfziUp2g%3D&reserved=0): Click through different areas of National Parks around the country.
* Milwaukee County Zoo Animal Live Cams: [http://www.zooview.tv/](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.zooview.tv%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515451586&sdata=st3Cd1%2FqBb5RhF5I%2FlAfdWbrx8VIXR0I9h2AMNjd1qU%3D&reserved=0)

**Keeping Youth Busy:**

* [A List of Indoor Activities That Will Keep Kids Entertained While Staying at Home](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.popsugar.com%2Ffamily%2Findoor-home-activities-for-kids-47308072&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515451586&sdata=jaD9YIBnxaXrxk%2BrnFCBPOwzj0QeiI3hVr5XVIsq%2FWc%3D&reserved=0) – 35 activities your youth and/or family can do together.
* LUNCH DOODLES with Mo Willems – Find on [YouTube.com](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DRmzjCPQv3y8&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515461540&sdata=Aq5z7oPQ%2B6BpKLkJ%2FlX08882pFqVoCP8jUlRGXcoyi4%3D&reserved=0)
* Libby App - Allows families to borrow and read free digital books from the local public libraries. You only need a library card! [www.libbyapp.com](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.libbyapp.com%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515461540&sdata=zlOpgEkuSq%2FC7u8%2BK35z17PizZ6PvKegvb07PP3fTKQ%3D&reserved=0)

**Guidance for Children:**

* [Rainbows in Windows](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.popsugar.com%2Ffamily%2Frainbows-in-windows-children-book-on-sheltering-in-place-47404846&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515461540&sdata=tFAFJ4gDwI0zEuEQAOBf%2Fnf%2F6HDfpV8Ctqe4DU2IuQA%3D&reserved=0) - This Children's Book Tackles the "Big Feelings" Kids Have While Sheltering in Place in a Hopeful Way” - a boy named Amos navigates "big imaginations, big feelings, and sheltering in place during a pandemic."

**Parent Help:**

* [Should I feel guilty about the screen time my kid is getting right now?](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Fblog%2Fscreen-time-in-the-age-of-coronavirus&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515471498&sdata=Ty9GUtKLNxzRgN%2F7IWCSFmy%2B891vuN7zNtW%2FwDVjNd4%3D&reserved=0) - Screen Time in the Age of Coronavirus: Common Sense Media's Research director explains the science behind the new screen rules.
* Parenting While Social Distancing - [The Coronavirus Manual for Parents: A Guide to Behavior, Fear, Claustrophobia and Hope-at Home](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.amazon.com%2FCoronavirus-Manual-Parents-Behavior-Claustrophobia-ebook%2Fdp%2FB086K5LGXX&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515471498&sdata=tLANoAW4zb87bw4y8FIZlL7V2JpNcKZvN%2BmPoPsJQKQ%3D&reserved=0).  To help parents who are home with their kids navigate this temporary “new normal” and come out the other side with a calmer home and stronger relationships.  A short, powerful read that will help you deal with: managing scary information, family claustrophobia, honing your headline analysis skills, Coronavirus and your mental health, child discipline during a crisis, pandemic upsides?, buying free time and more.  There is a small cost to access this book.

**Mindfulness:**

* [https://childmind.org/article/how-mindfulness-can-help-during-covid-19/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchildmind.org%2Farticle%2Fhow-mindfulness-can-help-during-covid-19%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515481453&sdata=iMZequM084a8IB%2FC%2B3pEgoG092qiN%2BQkDTaMnAVqAoE%3D&reserved=0)
  + Ideas for mindfulness such as
    - Blowing bubbles
    - Mindful Meals
    - Coloring
* Mindfulness exercises for kids with Autism- [http://blog.stageslearning.com/blog/six-simple-mindfulness-practices-for-kids-with-autism](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fblog.stageslearning.com%2Fblog%2Fsix-simple-mindfulness-practices-for-kids-with-autism&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515481453&sdata=rFUYsQYGlFkyoch%2FCOpa4tCqWs%2FSJcBK6YXdkd6GA6s%3D&reserved=0)
  + Apps, exercises, and projects for mindfulness
* Mindfulness activities for parents of children with special needs- [https://psychedservices.com/mindful-parenting-during-the-holidays/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpsychedservices.com%2Fmindful-parenting-during-the-holidays%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515481453&sdata=dIekigviEWbi04o3fnnsSwGZRatWc989fNa7qvHGfmk%3D&reserved=0)

**Safer At Home:**

* [WI Department of Children and Families Safer At Home Resources](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdcf.wisconsin.gov%2Fcovid-19%2Fresources&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515491409&sdata=oC3x5G%2BJO4mZ%2BcKpFWvpXlUtjZBEAJDj8ExtHq%2BpOUo%3D&reserved=0)

**Copies of these Newsletters can be found on the County’s Webpage at:**[https://www.waukeshacounty.gov/HealthAndHumanServices/child-and-family-services/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.waukeshacounty.gov%2FHealthAndHumanServices%2Fchild-and-family-services%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515491409&sdata=yBDpSzU2yQPc7xErJLmKfiIfTwfHCqLk3fZzjJ01fOU%3D&reserved=0)

**Stay current with the response by Waukesha County to COVID-19 at**: [https://www.waukeshacounty.gov/COVID19](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.waukeshacounty.gov%2FCOVID19&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C75840348a00e46e1df7508d7e78d4bab%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637232466515501366&sdata=w0FrPqYT0dL4AUXwk%2F3dgPmkGieIX31d7oCKK2R2Evs%3D&reserved=0)

If you have additional needs during this time, please do not hesitate to reach out to your assigned Service Coordinator.  If you do not have an assigned service coordinator – you can reach out to Erin Zellmer: [ezellmer@waukeshacounty.gov](mailto:ezellmer@waukeshacounty.gov)

We are safer at home. Stay well.