Waukesha County Children with Special Needs COVID-19
Resource Newsletter – Issue #10


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 Children with Special Needs Programs:**

* **We know you are all very busy at this time.  Just in case you haven’t had a chance to complete this 1-minute survey in regards to this newsletter, here is the link again:** [**https://www.surveymonkey.com/r/NTWFRWS**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.surveymonkey.com%2Fr%2FNTWFRWS&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038800223&sdata=bdSFKk7Dqc47K0TsKBcT4emkAQYc1M7OU4eOIlbw8C8%3D&reserved=0)
* 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:**

* [Best Outer Space Apps and Games for Kids](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Flists%2Fbest-outer-space-apps-and-games-for-kids%3Fj%3D7796995%26sfmc_sub%3D200789615%26l%3D2048712_HTML%26u%3D146648186%26mid%3D6409703%26jb%3D503%26utm_source%3Dmedia_nl_20200520%26utm_medium%3Demail&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038810189&sdata=rWhZ3QdtY%2BL5fysm40TDAY%2BKeQ4qpmAVkOh%2F2M7o4ss%3D&reserved=0) – A handful of apps and games based around exploration and observation of the stars, including some strategy games to let young astronauts try their hand at space colonization, which seems to be the future of the space program.
* [COVID-19 – Special Education Updates and Resources](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdpi.wi.gov%2Fsped%2Fcovid-19-sped-updates-and-resources&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038810189&sdata=BUFwStQDUBJVzjK7p%2BXOsXM%2BWOi%2FMnaUSNF5HN%2BfMm0%3D&reserved=0) - The Department of Public Instruction (DPI) understands that guidance can change quickly as information evolves.  This page has multiple resources from DPI in regards to special education, virtual learning, virtual IEP meetings and more.
* [Parent Toolkit](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.parenttoolkit.com%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038820144&sdata=bG3ZCvaMBRgOEtFFOhlj5S1EnuO%2B%2BDvY15KE4Cfvm0o%3D&reserved=0) - Parent Toolkit is a one-stop resource developed with parents in mind. It’s produced by NBC News Learn and supported by Pearson and includes information about almost every aspect of your child’s development, because they're all connected.
* [FunBrain](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.funbrain.com%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038820144&sdata=x88loOxM3Zy%2BGn5oF3EYSOdi03QcZN9pIyxWhRSQkbI%3D&reserved=0) – Games, reading and fun videos that can be searched by grade level.

**Spending Time Together:**

* [Help Your Family De-Stress During Coronavirus Uncertainty](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Fblog%2Fhelp-your-family-de-stress-during-coronavirus-uncertainty&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038820144&sdata=uwm2HKPCmmEX%2Fq8XSOUH2gYWzQtIvOFh6INkHRE0XBo%3D&reserved=0) - How to manage anxiety, stay active, and focus on your family's well-being.

**Parent Help:**

* [Child care Information for Families](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdcf.wisconsin.gov%2Fcovid-19%2Fchildcare%2Ffamilies&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038830097&sdata=tMlYWslzSeEqEyHvHxAsipD%2FGrx6wQ1F4FkJEEX7pcM%3D&reserved=0) - Needing child care?  Here is a link to search for availability of child care facilities by county.  [https://dcf.wisconsin.gov/covid-19/childcare/map](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdcf.wisconsin.gov%2Fcovid-19%2Fchildcare%2Fmap&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038830097&sdata=mWSMIZjYGZSTtKhZGi6pHs416m3nIeNc4W1O6FMP9hU%3D&reserved=0)
* [Camps](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdcf.wisconsin.gov%2Ffiles%2Fpress%2F2020%2Fcovid%2Fbbb-camp-recs.pdf&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038840051&sdata=qmGuHhoAbHKN2ACAflZmMjowWmbbdVIIWOBO4M9sKFI%3D&reserved=0) – Here are the guidelines and some resources for deciding if day camp/child care is an option you feel comfortable foregoing.
* [Special Needs and Learning Difficulties - Are there apps that can help my kid with organization and routines?](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Fspecial-needs%2Fare-there-apps-that-can-help-my-kid-with-organization-and-routines&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038840051&sdata=6MXuPSFLNjQSNpmXgpf%2BjOANWb8MVj6BNX4S57UiR5o%3D&reserved=0) - There are many apps to help kids with these important skills. To be organized and follow routines, kids need to master certain skills, including some executive function skills. Calendaring apps, visual schedulers, and storyboarding apps can be customized with events and activities from your kid's life. They can help kids keep track of and finish work on time, make plans, wait to speak until they're called on, and even change their minds and make mid-course corrections. This link has a list of apps to organize and help with routines for younger kids and/or kids with intellectual disabilities.
* [Surviving the COVID-19 pandemic…with Children](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fblog.abadesk.com%2F2020%2F03%2F16%2Fsurviving-the-covid-19-pandemic-with-children%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038840051&sdata=0JvLjs7sCGVeuiRd%2F%2BRS8T2PbHGZxucSZ5mPFzEp5tc%3D&reserved=0) – This is a great article from ABA Desk and covers everything from the day to day tasks to school to how to communicate better with your child with special needs and more.

**Mental Wellness:**

* [How to Protect Kids' Mental Health During the Pandemic](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Fblog%2Fhow-to-protect-kids-mental-health-during-the-pandemic%3Fj%3D7796995%26sfmc_sub%3D200789615%26l%3D2048712_HTML%26u%3D146648171%26mid%3D6409703%26jb%3D503%26utm_source%3Dmedia_nl_20200520%26utm_medium%3Demail&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038850010&sdata=YwrPVtv9st%2F%2B%2FkTjE2eVKTYbC1oITKaElDjFddaNBDw%3D&reserved=0) - New activities and ideas for supporting kids who miss their old lives and are stressed from all the bad news.
* [Apps to help with Mental Health](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Flists%2Fapps-to-help-with-mental-health%3Fj%3D7796995%26sfmc_sub%3D200789615%26l%3D2048712_HTML%26u%3D146648190%26mid%3D6409703%26jb%3D503%26utm_source%3Dmedia_nl_20200520%26utm_medium%3Demail&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038850010&sdata=rxuxCvyj4pvpB3u4%2FQiBPNehp8uzJdpwyzwx4ituGJM%3D&reserved=0) - There's no substitute for face-to-face intervention and professional help, however, since phones are tools most teens use, they can offer timely resources and help for those who need it. Aside from general health apps, these tools focus specifically on coping with anxiety, depression, and specific difficult circumstances via meditation, connection, and other techniques. While some are focused on an individual's experience, others offer chat and the option to find a therapist. Especially when used in conjunction with other approaches, these apps might offer teens a little peace of mind.
* [Sesame Street in Communities](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsesamestreetincommunities.org%2Ftopics%2Fhealth-emergencies%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038859968&sdata=ATqV1hUoFQbBM%2BRPJExaF0QcNSneI%2Bocn4cy3CEpxUw%3D&reserved=0) -  It has several awesome online resources for parents to help kids during various health emergencies – Feeling Worried, Coping with Sickness and you can search for certain activities. Activities can be located based on the age of a child and the length of time of the activity.
* [Calming Anxiety in Children](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcopingskillsforkids.com%2Fcalming-anxiety&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038859968&sdata=kF2SqPf%2FP82mBQvSThWKhcvnW2kL6eMklIpVgBb%2BwPo%3D&reserved=0) - Kid tested strategies used by child therapists for calming anxiety, including ideas to calm down, books to read and videos that can help.

**Safer At Home:**

* [COVID-19 questions for families with a child with medical complexities](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcomplexchild.org%2Feditions%2Fcovid-info%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038869920&sdata=lnkm4rD3ZgQePGzE9sQIU4HMzU6ICUUISurqWWCnlsY%3D&reserved=0) – Multiple resource articles:  Ten COVID-19 Preparations To Do RIGHT NOW for Medically Complex Families, How Is COVID-19 Affecting Kids Who Are Medically Complex?, Nebs, Trachs, Vents, Suctioning, and the Spread of COVID-19, Should I Cancel My Child’s Nurse or Aide?, Preparing for Hospitalization of a Child Who is Medically Complex during the COVID-19 Pandemic, Balancing Complex Caregiving and Educating Children During the COVID-19 Pandemic, Masks 101: A Guide for Children Who are Medically Complex and more.
* [COVID-19 – Protecting yourself during a home visit](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dhs.wisconsin.gov%2Fsites%2Fdefault%2Ffiles%2Fp02664-protecting-yourself-home-visit.png&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038869920&sdata=DD72siNjuaDFv8ls5GlPTJ%2F3JI0mP0x2P3cTG9KUoNQ%3D&reserved=0) – These are recommended best practices for protecting yourself during a home visit.  Talk with your provider and members of your household to create a plan that works for you.
* [Wisconsin Department of Health Services](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dhs.wisconsin.gov%2Fcovid-19%2Findex.htm&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038879878&sdata=Dllb5kzyq8T0VxfeN%2FnZpshwR8FG%2B5mQKyDv0y1QqOE%3D&reserved=0) – Get the latest on COVID-19 in Wisconsin.  Updated daily.
* [COVID-19: The Badger Bounce Back](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dhs.wisconsin.gov%2Fcovid-19%2Fprepare.htm&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038879878&sdata=O0gzp7eIkLUrim9YYQJ8Y5G8y%2FXFwzajUS%2BJizCz71E%3D&reserved=0) - The Badger Bounce Back is Wisconsin’s plan to decrease COVID-19 cases and deaths to a low level and increase capacity in our health care system.  Updated daily.
* [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%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038879878&sdata=oaNqkY0jHQz9PkFTTON1mEBRNulA%2Bk80OrJFARSdVqQ%3D&reserved=0) – Resources include information to support a variety of needs for families staying Safer at Home.  Updated weekly.

**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%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038889836&sdata=%2F8KV98ASnxF2BNfzQ5VnCRgnPI6mCLZMlfDUP8%2F67gw%3D&reserved=0)

**Copies of these Newsletters can be found on Waukesha 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%7C2ef196786ad3480da4b208d803398f8a%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637262893038889836&sdata=I0x3skc980fO9YJiTwktoq7QKcgO6Dvs0LFcqq%2B3MgY%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)

Continue to practice social distancing.  Stay well.