Waukesha County Children with Special Needs COVID-19
Resource Newsletter – Issue #11


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.  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.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**The results are in from the CSN Newsletter Survey!  Thank you for taking the time out of your busy schedules to give us some feedback!  After this week’s newsletter, the CSN Resource Newsletter will be sent out monthly, typically the first Friday every month.  So we will see you in July!**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Resources from Wisconsin Department of Health Services:**

* [All in for Kids Library](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dhs.wisconsin.gov%2Flibrary%2Fakids.htm&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776111200&sdata=sTC6TZS2C1sZfuJEFRs1nfRdCtdi7OZ766FmhQL3TXA%3D&reserved=0) - All in for Kids is a newsletter created to keep you and your family informed about the supports and services available through the CLTS Waiver Program.  The newsletter is published by the Wisconsin Department of Health Services.
* [Children's Long-Term Support Waiver Program: Information for Families](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dhs.wisconsin.gov%2Fclts%2Fwaiver%2Ffamily%2Findex.htm&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776121156&sdata=eVKKTubYaUwvIzNlPIaKUiDs7LNZ4YsvQQy24%2BGAg5E%3D&reserved=0) – Wisconsin Department of Health Services is committed to protecting the health and safety of our members and participants during the COVID-19 pandemic. To stay informed about the latest program updates, limitations to in-person contacts, general COVID-19 resources, and more.

**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:**

* [Books FTW! Summer Reading Challenges to Hook Kids on Books](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Fblog%2Fbooks-ftw-summer-reading-challenges-to-hook-kids-on-books%3Fj%3D7800554%26sfmc_sub%3D200789615%26l%3D2048712_HTML%26u%3D146750447%26mid%3D6409703%26jb%3D497%26utm_source%3Dmedia_nl_20200522%26utm_medium%3Demail&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776121156&sdata=0fsHPRCvdhqF00xbNwthaia3cbjNDXnuibAyoRiRuvg%3D&reserved=0) - Inspire kids to keep reading over the summer with these challenges for all ages, interests, and reading levels.
* [5 Apps that Boost Math Skills Over the Summer](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Fblog%2F5-apps-to-boost-math-skills-over-the-summer%3Futm_source%3Dedu_nl_20200527_quarterly_family_engagement%26utm_medium%3Demail&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776131116&sdata=f1gBDL1nEPqf8WPRJ7o3WPgPMJjnEQW%2B36lT%2BbIVNL8%3D&reserved=0) - Apps that make a game out of learning will fit right into your kid's summer schedule.
* [The Best Educational Apps for Kids](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.parents.com%2Ffun%2Fentertainment%2Fgadgets%2Fbest-educational-apps-for-kids%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776131116&sdata=8a5pjb4m8b7gmxuYny%2FVKCyCj5mDr6WMim2Jw%2FLYK%2Bg%3D&reserved=0) - Your child's education doesn't have to stop after school. These games made for your iPhone, iPad, and Android will keep your child’s mind active outside the classroom.  List of Apps from math to science to safety for all ages.

**Parent Help:**

* [How to Talk to Kids About Violence, Crime, and War](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.commonsensemedia.org%2Fblog%2Fhow-to-talk-to-kids-about-violence-crime-and-war%3Fj%3D7809952%26sfmc_sub%3D200789615%26l%3D2048712_HTML%26u%3D147076071%26mid%3D6409703%26jb%3D496%26utm_source%3Dmedia_nl_20200529%26utm_medium%3Demail&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776141070&sdata=9rKWhB9YbyCV9z6sRrt51UBQknvZ5gGDqpf%2BF0JyGXI%3D&reserved=0) - Exposure to graphic images, distressing information, and horrific headlines can affect kids' overall well-being.  Tips on how to talk to your child ages 2 years old through teen.
* [COVID-19: Schools and Child Care](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.dhs.wisconsin.gov%2Fcovid-19%2Fschools.htm&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776141070&sdata=YMdkGWsf8ni8VwhrSwdbz2Su4yIsaE2HGKUjRXOXL6E%3D&reserved=0) – State guidance in regards to school, child care and summer camps.

**Mental Wellness:**

* [6 Books About Anxiety For Families With Special Needs](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.friendshipcircle.org%2Fblog%2F2015%2F10%2F28%2F6-books-about-anxiety-for-families-with-special-needs%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776141070&sdata=UMq88WZhkX8vDK1IjWBl0PxV6wSaDN7XJKgc8%2Bd1MRA%3D&reserved=0) - Anxiety doesn’t always look like anxiety.  Here are some things to look for and some books that may help you as well.
* [14 Mental Health Tips for Children with Learning Disabilities](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.friendshipcircle.org%2Fblog%2F2013%2F06%2F18%2F14-mental-health-tips-for-children-with-learning-disabilities%2F&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776151026&sdata=3fyByeJDHCmnqK4h8CGlHfxAYaXiQRNnetzCdy8p%2Bio%3D&reserved=0) - A Mental Health illness affects up to 40% of people with learning disabilities, compared to 25% of people in the general population.  Here are some tips for parents in working with their child.
* [120 Emotional Self-Regulation Ideas for Kids](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhes-extraordinary.com%2Fself-regulation-strategies&data=02%7C01%7CEZellmer%40waukeshacounty.gov%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776151026&sdata=CCmkBNdS9ia7wIdWqCJUC7tsNzcW2uAmHCrzcFInxEs%3D&reserved=0) – Scroll down towards the bottom of the page for the self-regulation ideas.

**Safer At Home:**

* [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%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776160985&sdata=dBPChDDeoIo7pDjW8DCeV2FrDgtc%2BrzZQjf55NQJAB8%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%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776160985&sdata=6JDkE1Skz0rg8NT8QmDNQdNw%2F9hGHWhoLVJcbqz%2BTjI%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%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776170940&sdata=IdN3j2kl2q9Rr00Gl5LJaeeYCaggKkPtJk%2FTn3yXnSY%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%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776170940&sdata=DXuKwvTK5sf2WrBzP5vnm4lJBnLWocQiLaTHVlBQEXA%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%7C8f88da1c39ad4f1ac2dd08d80703b3fc%7Ce73e7aacbf234753b33df405529c3fb6%7C0%7C0%7C637267059776170940&sdata=RMXPQoImNsjZNfwM%2BsDYprjPay4bV875T57hQTHpxqA%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)

**On behalf of CSN the Supervisors and many Service Coordinators, it’s been our pleasure to connect with you during the past 11 weeks by providing resources through the Waukesha County CSN COVID-19 Resource Newsletters.  Please stay tuned for our monthly CSN Resource Newsletter coming in July!**

**Continue to practice social distancing.  Stay well.**

**Erin A. Zellmer, BA, CSW**

**CSN Lead Social Worker**