



'Bits & Pieces'

Covid-19 Edition May 2020



Coronavirus Safety During the Pandemic

Basic Steps for Safety

- ◆ Wash your hands often.
- ◆ Avoid close contact.
- ◆ Cover your mouth and nose with a cloth face cover.
- ◆ Cover your coughs and sneezes.
- ◆ Clean and disinfect frequently touched surfaces daily.

CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



Cited: American Red Cross

As West Virginia communities are becoming accustomed to the new normal during Covid-19, they are finding ways to help each other. West Virginians are strong to respond to the needs of our communities at this time. People are giving their time to deliver food, donating blood, and calling elderly neighbors to see if they need anything. Here are a few opportunities you might want to join:

WV Medical Mask Army- You can arrange a time to safely pick up supplies and drop off completed masks without face-to-face contact. Here is a link to contact someone in your area: <https://sites.google.com/view/wv-mask-army/how-it-works/find-your-hub?authuser=0>

Hobbies- Do you have a hobby that a student or special needs child could learn during this stay-at-home period? People are sharing what they do in their spare time, such as Yoga, knitting, painting, and even cooking. Are you Are you interested in sharing your knowledge of math, science, reading, or other subjects? You can record your skills virtually, and then, these recordings are shared with children. If this project sounds interesting, here is the link: <https://docs.google.com/forms/d/e/1FAIpQLSd0EyKdWbIXMbiZsDeAgquoTetay8LpAm-nHV6nnHVkH1RIAA/viewform>

If you are a student, you need some help or want to find out about a hobby; you can apply with this link: <https://docs.google.com/forms/d/e/1FAIpQLSeIkMflfOuvMTn61mfvyhEzYmWAI32G8vjRftcA2m9sBH4zA/viewform>



Welcome to our latest newsletter from WVPTI!

As you and your family are at home during the pandemic, WVPTI is here to help you with questions and finding answers to your problems. We are sharing some news and ideas in our newsletter. Please check out of Facebook page for other resources:

<https://www.facebook.com/Wvpti/>

Brenda Lamkin,

Executive Director of WVPTI

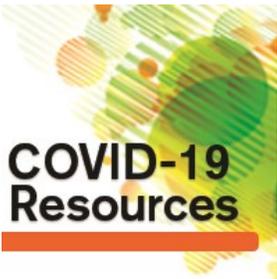
Ideas for Special Needs Families

Here are some ideas that special needs' children and their families might want to join in the COVID 19 crisis:

Foster a Pet- If your special needs child is bored and restless during this time, you might want to consider fostering an animal from the local animal shelter. The shelters are looking for people to take animals into foster homes during this time for the shelter staff to self-quarantine. Animals also would provide companionship and unconditional love for your child at this time. To join this effort, contact your local Humane Society or Animal Shelter.

Write a letter- At this time, Big Brothers Big Sisters of the Tri-State area are looking for Letters for Little ones. It would be an excellent project for your special needs child(ren) to write a letter or paint a picture for little children in this program. As adults, we understand that life will eventually alright, and we will return to 'new' normal. It would help for the child writing and the child receiving the letter to be reassured. If you are interested in this idea, call 304-522-2191 or 304-525-4250.

As West Virginians are helping each other during this time, we reveal our strength and model for our special needs children that we all have a part to play in surviving COVID-19.



Cited Source: scem.org

Resources for You

The WVPTI office has been communicating with special needs parents during the crisis. There have several questions asked by the parents or caregivers about resources to meet their family's needs. Here are some of the resources which WVPTI has suggested to use.

General Informational Resources:

Food sites for Students Meals: <https://wvde.us/covid19/feeding-site-information/>

The information posted on this site is subject to change. For the latest information or questions, please contact your local county board of education.

West Virginia Family Assistance Programs: <https://www.wvpath.org/programs&services> You will find the health care programs of Medicaid with the subprograms and Children's Health Insurance Program entitled WVCHIP.

WV Voting by Absentee Ballot: <https://sos.wv.gov/elections/Pages/AbsenteeVotingInformation.aspx>

Family Informational Resources:

American Psychological Association "[Advice for caregivers of children with disabilities in the era of COVID-19](#)"

Link: <https://www.apa.org/research/action/children-disabilities-covid-19>

Advocating for Special Education Services during COVID-19

Link: <https://www.americanbar.org/groups/litigation/committees/childrens-rights/practice/2020/advocating-for-special-education-services-during-covid19/>

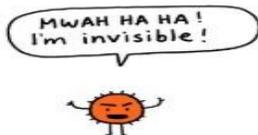
Addressing the Risk of Covid-19 in Preschool, Elementary and Secondary Schools While Serving Children with Disabilities by U.S. Department of Education Office of Civil Rights

Link: <https://www2.ed.gov/about/offices/list/ocr/frontpage/faq/rr/policyguidance/Supple%20Fact%20Sheet%203.21.20%20FINAL.pdf>

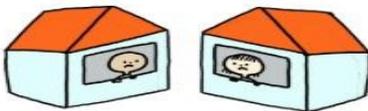
Covid—19 Comic to Share or Read with Your Child

WHAT'S UP WITH THIS CORONAVIRUS ?

The coronavirus is a germ. It's so small that we can't see it.



To slow down the virus and to keep it from making too many people sick, many schools are now closed and people are asked to stay home as much as possible.



Even when we don't feel sick, we can help slow down the virus by washing our hands often, coughing into our arms and avoiding crowds.



When kids get this virus, most of the time it's no big deal. But adults and especially older people can get really sick.



People who are sick are asked to stay at home alone to keep the virus from spreading to new people.



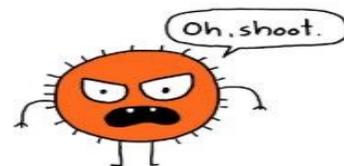
When we slow down the virus, we give scientists and hospitals more time to find a cure and to take care of sick people.



The Coronavirus travels from person to person if they touch or come close together. It can spread to many people very fast.



It's hard not to be together but it makes it even harder for the virus to spread to new people.



If everyone makes an effort, we can protect each other and save many lives!



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West Virginia Parent Training and Information, Inc. (WVPTI) is a non-profit agency that operates the statewide federally funded Parent Training and is the [Family Voices](#) State Affiliate Organization for West Virginia.

The programs and services of WVPTI, Inc. are based on the concept of parents helping parents. Our mission is to empower parents of children and youth with disabilities in their roles as parents, decision makers, and advocates for their children and to promote partnerships among parents and professionals.



WEST VIRGINIA PARENT
TRAINING & INFORMATION

Facebook

<https://facebook.com/wvpti>

Twitter

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Pinterest

[https://
www.pinterest.com/](https://www.pinterest.com/)

Self— Advocacy is our strength!

- Speaking up for yourself,
- Asking for what you need,
- Negotiating for yourself (working with others to reach an agreement that will meet your needs),
- Knowing your rights and responsibilities,
- Using the resources that are available to you,
- Being able to explain your disability either by the use of written words, pictures.
- Being able to explain your disability either by the use of written words, pic-

tures or gestures.

For the full article; <http://>

[www.autismspeaks.org/family-services/tool-kits/
transition-tool-kit/self-advocacy](http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit/self-advocacy)



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