

# Supporting Neurodivergence Through the 2020 Pandemic



## Talk about the virus

Explaining what you know and be willing to answer questions and look up information together. State facts and not guesses or opinions. Reassure them you will update them when you know of changes.



## Plan activities

Planning activities with yours or your child's interests and skills in mind. Work with them to come up with ideas rather than just presenting an activity.



## Screentime is okay

"Screentime" can offer low-interaction stimulation to help you or your child regulate your/their social needs. Don't be afraid to use it especially if you're in confined spaces.



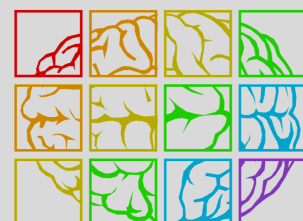
## Identifying hygienic strategies

If you/your child struggle with hygiene, use this time to identify what is causing distress and work to find ways to maintain health and explain the need for hygiene.



## Reassure and Validate

Being afraid or sad or confused are all valid feelings to what we are all going through. Discussing your own feelings and those of the people around you can help.



**FOUNDATIONS FOR  
DIVERGENT MINDS**

We will continue to provide more to documents our followers through this time. Please stay safe and healthy.