

# Support for Families

## From the ESE and Student Support Services Department

The following resources have been compiled to provide support for families as they struggle to supervise instruction, maintain the health of loved ones and adjust to employment changes, all while dealing with the stress these challenges create.

### Topic Area Guidance

#### Academics

- [7 Guiding Principles for Parents Teaching From Home](#)
- [Innovative Ways to Make Coronavirus a Teachable Moment](#)
- [5 Home Learning Experiences for the Elementary Grades](#)

#### Behavior

- [CARD Video on the Basics of Behavior](#)
- [Behavior Essentials for Families](#)
- [Behavior Organization for Families](#)
- [Behavior Expectations, Rules & Routines for Families](#)

#### Social Skills

- [Scholastic - Social Skills by Grade Level](#)
- [Social Skills from Home](#)

#### Visual Supports for the Home

- [Hand Washing picture support](#)
- [Social Story on Covid-19](#)
- [Other Covid Related Visuals, Videos and Social Stories](#)
- [Picture Schedules and Learning Agreements for Your Child](#)

#### Social Emotional Learning

- [Lauren's Kids - Safety Lessons for Families](#)
- [Social Emotional Lessons for Families \(Second Step\)](#)
- [Social Emotional Learning on Sesame Street!](#)
- [5 SEL Games to Play With Your Child](#)
- [Free Social Emotional Learning Activities Elementary Through Middle School](#)

#### Mental Health

- [Parents and Caregivers - Mental Health Resources](#)
- [Caregiver Guide to Helping Families Cope with the CoronaVirus](#)
- [Talking to Kids about Covid-19](#)
- [Webinar - Tips to Help Children and Families, Dr. Scott Poland](#)
- [Tackling Covid-19 Anxiety Together - A PTA Podcast](#)
- [Mental Health Supports for Families - Child Mind Institute](#)
- [Hope from Home - Hope Squad](#)
- [National Alliance for Mental Illness \(NAMI\) Resources](#)



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