Pediatric Occupational Therapy Services: Resource Guide for Families During COVID-19

The following can be located at AOTA's FAQs for Working With Clients page.

Resources for Enhancing Routines:

- Parent/Caregiver Guide to Helping Families With the Coronavirus 2019 (COVID-19)
- AOTA's Occupational Therapy's Role in Sleep
- Individualized Care Routines and Daily Schedules

- AOTA's Learn about Occupational Therapy for Children and Youth section contains the Childhood Occupations Toolkit. The toolkit contains a variety of tip sheets:
  - Establishing Morning Routines for Children
  - Establishing Tummy Time Routines to Enhance Your Baby's Development
  - Establishing Toileting Routines for Children (also available in Spanish)
  - Establishing Bath Time Routines for Children (also available in Spanish)
  - Establishing Bedtime Routines for Children (also available in Spanish)
  - Establishing Mealtime Routines for Children

Resources for School:

- AOTA's Occupational Therapy Tips for Homework Success may help, and the Successful Participation at School: Strategies for All Students provides tips such as preventing unwanted behaviors before they occur.
- KidsHealth© also has resources in English and Spanish to help with academics at home, including Help Your Child Get Organized, Top 10 Homework Tips, and Helping Your Teen With Homework.

Resources to Enhance Play:

- AOTA's Make Play an Important Part of Your Family’s Day (video)
- Building Play Skills for Health Children
- Learning Through Play
- The National Child Traumatic Stress Network created various resources and activities for children.