
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](#).