

# MCDD's Spring 2022 Lunch and Learn Series Resources for Parents and Caregivers of Children with Disabilities



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Maryland Center for Developmental Disabilities  
at Kennedy Krieger Institute  
*Building Partnerships. Changing Lives.*

**April 2022**

Maryland Center for Developmental Disabilities at Kennedy Krieger Institute  
Community and Professional Development Training Program  
7000 Tudsbury Road, Baltimore, Maryland 21244 • Tel (443) 923-9555  
TTY (443) 923-9205 • Email: [Training.MCDD@KennedyKrieger.org](mailto:Training.MCDD@KennedyKrieger.org)  
Website: [kennedykrieger.org/MCDDTraining](http://kennedykrieger.org/MCDDTraining)

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## Spring into Mental Wellness and Self-Care (March 21, 2022 Webinar Resources)

- [A Resource Guide on Self-care, Work, and Well-being: Finding the Balance on Caring for Self While Caring for Others](https://www.kennedykrieger.org/sites/default/files/library/documents/community/resource-finder/Self-Care%20Resource%20Guide%20FINAL%204%201%202021.pdf) by the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute  
<https://www.kennedykrieger.org/sites/default/files/library/documents/community/resource-finder/Self-Care%20Resource%20Guide%20FINAL%204%201%202021.pdf>
- [Disability & Health Information for Family Caregivers](https://www.cdc.gov/ncbddd/disabilityandhealth/family.html)  
<https://www.cdc.gov/ncbddd/disabilityandhealth/family.html>
- [Let's Talk about Mental Health: Parents and Caregivers](https://www.mentalhealth.gov/talk/parents-caregivers?msclkid=d65488e5a55e11ecb005789b8cbc8e15)  
<https://www.mentalhealth.gov/talk/parents-caregivers?msclkid=d65488e5a55e11ecb005789b8cbc8e15>
- [Taking Care of YOU: Self-Care for Family Caregivers](https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/)  
<https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/>
- [The Parents' Place of Maryland Self-Care Resource](https://www.ppmd.org/wp-content/uploads/2021/02/Self-Care-TIES-1.pdf)  
Explains the importance of self-care for parents and caregivers, as well as tips and activities that can be stress-relieving and relaxing <https://www.ppmd.org/wp-content/uploads/2021/02/Self-Care-TIES-1.pdf>

### Resources shared by webinar participants

- [Calm Breathe Bubble](https://www.youtube.com/watch?v=uxayUBd6T7M): <https://www.youtube.com/watch?v=uxayUBd6T7M>
- [CARESS Coping Strategy](https://www.synergypsychotherapy.com/thegobl/2021/4/4/caress-a-coping-strategy-12):  
<https://www.synergypsychotherapy.com/thegobl/2021/4/4/caress-a-coping-strategy-12>
- [Fully Body Stretch Routine](https://www.youtube.com/watch?v=-SD_MucCa6c): [https://www.youtube.com/watch?v=-SD\\_MucCa6c](https://www.youtube.com/watch?v=-SD_MucCa6c)
- [Shine App](https://www.theshineapp.com/): <https://www.theshineapp.com/>



**Inspiring Hope Together**  
**(March 23, 2022 Webinar Resources)**

- **[A Resource Guide on Supporting Parents at the Time of their Child's Disability Diagnosis](#)** by the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute  
<https://www.kennedykrieger.org/sites/default/files/library/documents/community/marland-center-for-developmental-disabilities-mcdd/Resource%20Guide%20on%20Supporting%20Parents%20at%20the%20Time%20of%20their%20Child%20Disability%20Disagnosis%20FINALupdated%2011-21.pdf>
  
- **[A Resource Guide on Self-care, Work, and Well-being: Finding the Balance on Caring for Self While Caring for Others](#)** by the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute  
<https://www.kennedykrieger.org/sites/default/files/library/documents/community/resource-finder/Self-Care%20Resource%20Guide%20FINAL%204%201%202021.pdf>

**Resources shared by webinar participants**

- **[Autism Waiver Fact Sheet:](#)**  
<https://health.maryland.gov/mmcp/waiverprograms/Documents/Autism%20Waiver%20Fact%20Sheet.pdf>
- **[Ethiopian Eritrean Special Needs Community:](#)** <https://eesnc.org/>
- **[Pathfinders for Autism:](#)** <https://pathfindersforautism.org/>

**Media/Video Resources**

- **[Guided Mindfulness Meditation:](#)**  
[https://www.youtube.com/watch?v=HT\\_ZvD94\\_kE&t=3s](https://www.youtube.com/watch?v=HT_ZvD94_kE&t=3s)
- **[How Hope Can Change Your Life:](#)** <https://www.youtube.com/watch?v=UhMGxmzvx0Y>
- **[The Power of Intention:](#)** <https://www.youtube.com/watch?v=FgzROef3Z6s&t=5s>
- **[The Unstoppable Power of Letting Go:](#)**  
<https://www.youtube.com/watch?v=nirKw3mWB3I&t=6s>



**Being Your Child's Best Advocate  
(March 28, 2022 Webinar Resources)**

- **[American Academy of Child and Adolescent Psychiatry: Family Resources](https://www.aacap.org/AACAP/Families_Youth/Resources_for_Families/AACAP/Families_and_Youth/Resources_for_Families.aspx?hkey=04f7a042-2afb-45d5-b910-ed8d68ac3a38)** Provides resources, facts, and medication guides for a variety of mental disorders that children may have  
  
[https://www.aacap.org/AACAP/Families\\_Youth/Resources\\_for\\_Families/AACAP/Families\\_and\\_Youth/Resources\\_for\\_Families.aspx?hkey=04f7a042-2afb-45d5-b910-ed8d68ac3a38](https://www.aacap.org/AACAP/Families_Youth/Resources_for_Families/AACAP/Families_and_Youth/Resources_for_Families.aspx?hkey=04f7a042-2afb-45d5-b910-ed8d68ac3a38)
- **[A Parent's Guide to Understanding your Individualized Education Program \(IEP\) Rights and Responsibilities in Maryland](https://marylandfamiliesengage.org/wp-content/uploads/2019/04/IEP_Parents_Guide.pdf)** Provides a step-by-step overview of the IEP process and the parent's role in a child's IEP development  
  
[https://marylandfamiliesengage.org/wp-content/uploads/2019/04/IEP\\_Parents\\_Guide.pdf](https://marylandfamiliesengage.org/wp-content/uploads/2019/04/IEP_Parents_Guide.pdf)
- **[A Resource Guide on Self-care, Work, and Well-being: Finding the Balance on Caring for Self While Caring for Others](https://www.kennedykrieger.org/sites/default/files/library/documents/community/resource-finder/Self-Care%20Resource%20Guide%20FINAL%204%201%202021.pdf)** by the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute  
  
<https://www.kennedykrieger.org/sites/default/files/library/documents/community/resource-finder/Self-Care%20Resource%20Guide%20FINAL%204%201%202021.pdf>
- **[A Resource Guide on Supporting Parents at the Time of their Child's Disability Diagnosis](https://www.kennedykrieger.org/sites/default/files/library/documents/community/marland-center-for-developmental-disabilities-mcdd/Resource%20Guide%20on%20Supporting%20Parents%20at%20the%20Time%20of%20their%20Child%20Disability%20Disagnosis%20FINALupdated%2011-21.pdf)** by the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute  
  
<https://www.kennedykrieger.org/sites/default/files/library/documents/community/marland-center-for-developmental-disabilities-mcdd/Resource%20Guide%20on%20Supporting%20Parents%20at%20the%20Time%20of%20their%20Child%20Disability%20Disagnosis%20FINALupdated%2011-21.pdf>
- **[Kennedy Krieger Institute: Resources](https://www.kennedykrieger.org/patient-care/centers-and-programs/center-for-autism-and-related-disorders/resources)** Offers a range of supportive resources for families with children with autism and related developmental disabilities  
  
<https://www.kennedykrieger.org/patient-care/centers-and-programs/center-for-autism-and-related-disorders/resources>



**Being Your Child's Best Advocate**  
**(March 28, 2022 Webinar Resources)**

- **[Learning Disabilities Association of America: General Tips on Advocacy by Parents](https://ldaamerica.org/info/general-tips-on-advocacy-by-parents/)**  
Offers guiding questions for parents who are in need of advice on how to best advocate for their child's supports <https://ldaamerica.org/info/general-tips-on-advocacy-by-parents/>
- **[Maryland Center for Developmental Disabilities: Resource Finder](https://www.kennedykrieger.org/community/initiatives/resource-finder)** Offers support to families of children with disabilities through a resource finder that can help with questions or concerns related to advocacy and community services  
<https://www.kennedykrieger.org/community/initiatives/resource-finder>
- **[Maryland Family Network: Locate Child Care for Children with Disabilities](https://www.marylandfamilynetwork.org/for-parents/locate-child-care-special-needs)** Assists families with the process of finding inclusive child care services that best fit their needs  
<https://www.marylandfamilynetwork.org/for-parents/locate-child-care-special-needs>
- **[Maryland Food Bank: Feeding Maryland Through COVID-19](https://mdfoodbank.org/find-food/)** Provides a search engine to help families locate food banks near them <https://mdfoodbank.org/find-food/>
- **[Maryland Learning Links: Family Advocacy Resources](https://www.marylandlearninglinks.org/family-advocacy-resources/)** Provides a list of resources that can help families advocate for their children with disabilities  
<https://www.marylandlearninglinks.org/family-advocacy-resources/>
- **[National Child Traumatic Stress Network: Understanding Child Traumatic Stress: A Guide for Parents](https://www.nctsn.org/resources/understanding-child-traumatic-stress-guide-parents)** Provides parents with insight on how to best support a child who experiences traumatic stress and how they can advocate for these supports at school  
<https://www.nctsn.org/resources/understanding-child-traumatic-stress-guide-parents>
- **[Parents Helping Parents](https://www.php.com/elearning-category/adult-topics-elearning/)** Provides a variety of video clips that support and educate families on areas that they can offer support and advocacy for their children  
<https://www.php.com/elearning-category/adult-topics-elearning/>



**Being Your Child's Best Advocate**  
**(March 28, 2022 Webinar Resources)**

- **[Quality Trust for Individuals with Disabilities](https://www.dcqualitytrust.org/advocates/)** Provides connections and support for individuals with disabilities and their families, specifically within the Latino American community of DC, as they learn how to advocate for disability needs and services  
<https://www.dcqualitytrust.org/advocates/>
- **[Respect Ability: Resources](https://www.respectability.org/resources/)** Offers a comprehensive list of resources and webinars that cover a variety of subject areas, including race, LGBTQ+, employment, education, disability training, entertainment, faith-based inclusion, and philanthropy  
<https://www.respectability.org/resources/>
- **[SEEC: Parent 2 Parent Mentoring](https://www.seeonline.org/parent-2-parent/)** Provides a free peer mentoring service that is designed to offer support and resources to parents of children with disabilities  
<https://www.seeonline.org/parent-2-parent/>
- **[The Arc Maryland: Partners in Policymaking](http://www.thearcmd.org/partners/)** This program provides advocacy training and support for individuals with intellectual and developmental disabilities and their families <http://www.thearcmd.org/partners/>
- **[The Parents' Place of Maryland](https://www.ppmd.org/resources/)** Lists a variety of resources that can assist parents with advocating for their child's disability supports, including areas of bullying, healthcare, education, and transitioning to adulthood <https://www.ppmd.org/resources/>

**Resources shared by webinar participants**

- **[Accessible Resources for Independence](https://arinow.org/)**: <https://arinow.org/>
- **[ArtStream Theatre](https://www.art-stream.org/)**: <https://www.art-stream.org/>
- **[Autism Waiver Fact Sheet](https://health.maryland.gov/mmcp/waiverprograms/Documents/Autism%20Waiver%20Fact%20Sheet.pdf)**:  
<https://health.maryland.gov/mmcp/waiverprograms/Documents/Autism%20Waiver%20Fact%20Sheet.pdf>
- **[Best Buddies](https://www.bestbuddies.org/)**: <https://www.bestbuddies.org/>
- **[Developmental Disabilities Administration](https://health.maryland.gov/dda/Pages/home.aspx)**:  
<https://health.maryland.gov/dda/Pages/home.aspx>
- **[Disability Rights Maryland](https://disabilityrightsmd.org/)**: <https://disabilityrightsmd.org/>
- **[Ethiopian Eritrean Special Needs Community](https://eesnc.org/)**: <https://eesnc.org/>



**Being Your Child's Best Advocate  
(March 28, 2022 Webinar Resources)**

- **IMAGE Center of Maryland:** <https://imagemd.org/>
- **Independence Now:** <https://www.innow.org/>
- **KEEN Greater DC:** <https://www.keengreaterdc.org/>
- **Kennedy Krieger Institute Resource Finder:**  
<https://www.kennedykrieger.org/community/initiatives/resource-finder>
- **Maryland Access Point:** <https://marylandaccesspoint.211md.org/>
- **Maryland Coalition of Families:** <https://www.mdcoalition.org/>
- **Parents' Place of Maryland:** <https://www.ppmd.org/services/>
- **Partners for Success Monthly Update:** <https://www.smores.com/4m2wg>
- **Partners for Success Summer Camps:** <https://www.smores.com/8s6vj>
- **Pathfinders for Autism:** <https://pathfindersforautism.org/>
- **Pre-Employment Transition Services:** <https://dors.maryland.gov/crps/Pages/Pre-ETS.aspx>
- **Project HEAL through Kennedy Krieger Institute:**  
<https://www.kennedykrieger.org/community/initiatives/maryland-center-developmental-disabilities/project-heal/resources-parents>
- **The Arc Prince George's County:** <https://www.thearcofpgc.org/>





## Creating a Disability-Friendly Community (March 30, 2022 Webinar Resources)

- **[Centers for Disease Control and Prevention: Disability and Health Inclusion Strategies](https://www.cdc.gov/ncbddd/disabilityandhealth/disability-strategies.html)**  
Provides information on existing legislative policies that promote disability inclusion as well as a list of strategies on how communities can become disability-friendly  
<https://www.cdc.gov/ncbddd/disabilityandhealth/disability-strategies.html>
- **[How to Make Cities Accessible and Inclusive](https://www.cbm.org/fileadmin/user_upload/Publications/How_to_make_cities_accessible_and_inclusive_Web_FINAL.PDF)** Highlights the importance of designing cities through a lens of accessibility and offers suggestions on how they can be set up to properly meet the needs of individuals with disabilities  
[https://www.cbm.org/fileadmin/user\\_upload/Publications/How to make cities accessible and inclusive Web FINAL.PDF](https://www.cbm.org/fileadmin/user_upload/Publications/How_to_make_cities_accessible_and_inclusive_Web_FINAL.PDF)
- **[Kennedy Krieger Institute: Resources](https://www.kennedykrieger.org/patient-care/centers-and-programs/center-for-autism-and-related-disorders/resources)** Offers a range of supportive resources for families with children on the autism spectrum as well as children with related developmental disabilities <https://www.kennedykrieger.org/patient-care/centers-and-programs/center-for-autism-and-related-disorders/resources>
- **[Maryland Center for Developmental Disabilities: Resource Finder](https://www.kennedykrieger.org/community/initiatives/resource-finder)** Offers support to families of children with disabilities through a resource finder that can help with questions or concerns related to disability-friendly services in the community  
<https://www.kennedykrieger.org/community/initiatives/resource-finder>
- **[Maryland Department of Health: Disability Inclusion Training](https://health.maryland.gov/bhm/DHIP/Pages/InclusionTraining.aspx)** Shares links of various disability inclusion webinars and trainings that can be used to create equitable and accessible spaces for individuals with disabilities in the community  
<https://health.maryland.gov/bhm/DHIP/Pages/InclusionTraining.aspx>
- **[National Disability Institute: Center for Disability-Inclusive Community Development](https://www.nationaldisabilityinstitute.org/cdicd/)**  
Supports individuals with disabilities and their families who are in the low- and middle-income bracket by providing them with financial opportunities and resources  
<https://www.nationaldisabilityinstitute.org/cdicd/>



## Creating a Disability-Friendly Community (March 30, 2022 Webinar Resources)

- [National Endowment for the Arts: Accessibility: Resources to Help Ensure Accessibility of Your Virtual Events for People with Disabilities](https://www.arts.gov/impact/accessibility/resources-to-help-ensure-accessibility-of-your-virtual-events) Offers guiding questions and resources that can help community members deliver inclusive, accessible virtual events  
<https://www.arts.gov/impact/accessibility/resources-to-help-ensure-accessibility-of-your-virtual-events>
- [Respect Ability: How to Include People with Disabilities](https://www.respectability.org/inclusive-philanthropy/how-to-include-people-with-disabilities/) Provides a checklist of actions that organizations can take to create disability-friendly spaces and ensure the needs of individuals with disabilities are met <https://www.respectability.org/inclusive-philanthropy/how-to-include-people-with-disabilities/>
- [The Arc Maryland: Together We're Better Diversity Celebration Toolkit](http://www.thearcmd.org/programs/twb/diversity-celebration-toolkit/) Offers guidance for educators and staff to help promote an inclusive learning environment that celebrates students of all abilities in an in-person and virtual format  
<http://www.thearcmd.org/programs/twb/diversity-celebration-toolkit/>
- [United States Agency for International Development: Checklist for Inclusion](https://www.usaid.gov/sites/default/files/documents/1868/disinclusion_checklist.pdf) Allows organizations to assess their level of inclusion for individuals with disabilities in a variety of categories  
[https://www.usaid.gov/sites/default/files/documents/1868/disinclusion\\_checklist.pdf](https://www.usaid.gov/sites/default/files/documents/1868/disinclusion_checklist.pdf)

### Resources shared by webinar participants

- [Asperger/Autism Network:](https://www.aane.org/) <https://www.aane.org/>
- Crip Camp – a Netflix documentary on the disability rights movement
- [Maryland Coalition of Families:](https://www.mdcoalition.org/) <https://www.mdcoalition.org/>
- [Parents' Place of Maryland:](https://www.ppmd.org/) <https://www.ppmd.org/>
- [Pathfinders for Autism:](https://pathfindersforautism.org/) <https://pathfindersforautism.org/>



## Creating a Disability-Friendly Community (March 30, 2022 Webinar Resources)

### Media Resources

- [ACT Alliance: Inclusion of People with Disabilities](https://youtu.be/rjluLV1F-Ul) Summarizes how developing inclusive and accessible communities benefits both individuals with and without disabilities  
<https://youtu.be/rjluLV1F-Ul>
- [Inclusion and Education: #AllMeansALL](https://www.youtube.com/watch?v=kEyjlqixq9c)  
<https://www.youtube.com/watch?v=kEyjlqixq9c>
- [Rocky Mountain ADA Center: Disability Etiquette – Respectful Ways to Interact with People with Disabilities](https://youtu.be/iG3pQp6HoQM) Gives an overview of proper etiquette to use when working and interacting with individuals with disabilities <https://youtu.be/iG3pQp6HoQM>
- [Social Model Animation](https://www.youtube.com/watch?v=9s3NZaLhcc4) <https://www.youtube.com/watch?v=9s3NZaLhcc4>
- [Social Model of Disability](https://www.youtube.com/watch?v=24KE_OCKMw) [https://www.youtube.com/watch?v=24KE\\_OCKMw](https://www.youtube.com/watch?v=24KE_OCKMw)
- [TEDx Talk: Disabling Segregation by Dan Habib](https://youtu.be/izkN5vLbnw8) Shares a personal experience with raising a child with cerebral palsy and highlights the importance of creating inclusive educational spaces for students with and without disabilities.  
<https://youtu.be/izkN5vLbnw8>
- [Vivian Ly: When Creating Inclusive Spaces, Talk to Disabled People](https://youtu.be/lpf_gS8mozY) Speaks from lived experience on the best ways that communities can create disability-friendly spaces  
[https://youtu.be/lpf\\_gS8mozY](https://youtu.be/lpf_gS8mozY)
- [We Move Together by Anne McGuire and Kelly Fritsch](https://youtu.be/avFfstMoGWk) Children’s book that highlights problem-solving, accessibility, and community building through a diverse lens
  - Read Aloud: <https://youtu.be/avFfstMoGWk>
- [World Bank: Disability Inclusion Matters for All](https://youtu.be/VjxFhEbCLmM) Provides a global perspective on disability and sheds light on the financial disparities that exist within the disability community as a result of inaccessible and exclusive communities  
<https://youtu.be/VjxFhEbCLmM>



**Q&A for Parents and Caregivers  
(April 11 and 13, 2022 Webinar Resources)**

**Autism Awareness and Acceptance Month: Resources**

- [Association of University Centers on Disabilities: Autism Intervention Research Network on Physical Health](#) Provides information on and resources related to this initiative that supports the health and well-being of the autism community <https://www.aucd.org/template/page.cfm?id=1235>
- [Autism Awareness and Acceptance in Early Childhood Education](#) Offers a brief overview of autism and resources for families and caretakers, on the topics of advocacy and care <https://www.acf.hhs.gov/ecd/child-health-development/asd?msckid=e2aaa8a6b99f11ec9984da8c52599e77>
- [Autism Society of America](#) Offers support to individuals on the autism spectrum with information, referral specialists, and a hotline [www.autism-society.org](http://www.autism-society.org)
- [Autism Society Baltimore-Chesapeake](#) Provides information, advocacy and support for families and individuals on the autism spectrum [www.baltimoreautismsociety.org](http://www.baltimoreautismsociety.org)
- [Autism Society: Understanding Autism](#) Informs readers on the characteristics, prevalence, and diagnosis of autism <https://autismsociety.org/the-autism-experience/>
- [Autism Society Howard County](#) Shares a variety of resources to Howard County residents on the autism spectrum, which include summer camps, special education support, hiring programs, and more [www.howard-autism.org](http://www.howard-autism.org)
- [Healthy Smiles for Autism](#) Offers guidance on how to approach dental hygiene with children on the autism spectrum [https://www.healthyteethhealthykids.org/file\\_download/inline/3331778f-e0c7-422d-b017-e2c28c01bb9a](https://www.healthyteethhealthykids.org/file_download/inline/3331778f-e0c7-422d-b017-e2c28c01bb9a)
- [Hire Autism](#) Lists a range of resources for individuals on the autism spectrum, employers, and community members in need of support with creating an autism-friendly job search process <https://www.hireautism.org/resource-center>



**Q&A for Parents and Caregivers  
(April 11 and 13, 2022 Webinar Resources)**

- **[Kennedy Krieger Institute: Autism Spectrum Disorder](https://www.kennedykrieger.org/patient-care/conditions/autism-spectrum-disorders-asd-and-pervasive-developmental-disorders-pdd)** Provides information autism diagnoses and shares a list of supportive resources for the autism community  
<https://www.kennedykrieger.org/patient-care/conditions/autism-spectrum-disorders-asd-and-pervasive-developmental-disorders-pdd>
- **[Mental Health & Autism Insurance Project](https://www.mhautism.org/laws-which-confer-protection/)** Shares information on the Federal Mental Parity and Addiction Equity Act of 2008 (MHPAPEA)  
<https://www.mhautism.org/laws-which-confer-protection/>
- **[National Institute of Mental Health: Autism Spectrum Disorder](https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd)** Provides a brief explanation of Autism Spectrum Disorder and the diagnosis process  
<https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd>
- **[Organization for Autism Research: A Guide for Transition to Adulthood](https://researchautism.org/resources/a-guide-for-transition-to-adulthood/)** Offers guidance and support for individuals on the autism spectrum as they transition into adulthood  
<https://researchautism.org/resources/a-guide-for-transition-to-adulthood/>
- **[Parents' Place of Maryland: Resources](https://www.ppmd.org/resource_category/autism-spectrum/)** Shares a range of autism-related resources that educate individuals on the autism waiver, transition to adulthood, special education, and a variety of other topics [https://www.ppmd.org/resource\\_category/autism-spectrum/](https://www.ppmd.org/resource_category/autism-spectrum/)
- **[Pathfinders for Autism: Safety](https://pathfindersforautism.org/resources/safety/)** Offers resources, tools, and disclosure cards that can help to maintain the safety of the autism community  
<https://pathfindersforautism.org/resources/safety/>
- **[SPARK](https://sparkforautism.org/discover/)** Provides a host of autism-related resources, webinars, and research in order to support the autism community <https://sparkforautism.org/discover/>
- **[The Arc, Autism Now](https://autismnow.org/)** Provides high quality resources and information in core areas across the lifespan to individuals with Autism Spectrum Disorders (ASD) and other developmental disabilities, their families, caregivers, and professional in the field  
<https://autismnow.org/>



**Q&A for Parents and Caregivers  
(April 11 and 13, 2022 Webinar Resources)**

**Resources shared by webinar participants: Part one of the session**

- [Accessible Resources for Independence: Center for Independent Living](https://arinow.org/) - <https://arinow.org/>
- [Center for Independent Living in Prince George's County](https://www.innow.org/) - <https://www.innow.org/>
- [Disability Rights Maryland](https://disabilityrightsmd.org/about/) - <https://disabilityrightsmd.org/about/>
- [Kennedy Krieger Institute: Behavioral Psychology Outpatient Programs](https://www.kennedykrieger.org/patient-care/centers-and-programs/behavioral-psychology-outpatient-programs) - <https://www.kennedykrieger.org/patient-care/centers-and-programs/behavioral-psychology-outpatient-programs>
- [Maryland Center for Developmental Disability: Resource Finder](https://www.kennedykrieger.org/community/initiatives/resource-finder/find-provider-service) - <https://www.kennedykrieger.org/community/initiatives/resource-finder/find-provider-service>
- [Parents' Place of Maryland](https://www.ppmmd.org/) - <https://www.ppmmd.org/>
- [Pathfinders for Autism: Resources](https://pathfindersforautism.org/resources/) - <https://pathfindersforautism.org/resources/>
- [Towson University's Hussman Center for Adults with Autism](https://www.towson.edu/iwb/centers/hussman/) - <https://www.towson.edu/iwb/centers/hussman/>
- [University of Maryland: Outpatient Rehabilitation Services](https://www.umms.org/ummc/health-services/rehabilitation/services) - <https://www.umms.org/ummc/health-services/rehabilitation/services>

**Resources shared by webinar participants: Part two of the session**

- [Developmental Disabilities Administration: Transitioning Youth](https://health.maryland.gov/dda/Pages/TY.aspx#:~:text=Through%20the%20Governor%27s%20Transitioning%20Youth%20Initiative%20the%20DDA%2C,who%20otherwise%20may%20not%20have%20received%20DDA%20services) - <https://health.maryland.gov/dda/Pages/TY.aspx#:~:text=Through%20the%20Governor%27s%20Transitioning%20Youth%20Initiative%20the%20DDA%2C,who%20otherwise%20may%20not%20have%20received%20DDA%20services>
- [Maryland Center for Developmental Disabilities: Transition Resources](https://www.kennedykrieger.org/community/initiatives/resource-finder/lifespan-resources/adolescent-transition) - <https://www.kennedykrieger.org/community/initiatives/resource-finder/lifespan-resources/adolescent-transition>
- [Maryland Department of Disabilities: Options for Action](https://mdtransitions.org/options-for-action/) - <https://mdtransitions.org/options-for-action/>
- [National Federation of the Blind of Maryland](http://www.nfbmd.org) - [www.nfbmd.org](http://www.nfbmd.org)
- [Parents' Place of Maryland:](https://www.ppmmd.org/resource_category/transition/) - [https://www.ppmmd.org/resource\\_category/transition/](https://www.ppmmd.org/resource_category/transition/)

**Media Resources**

- [Autism Explained: Beyond Autism Awareness... To Acceptance and Appreciation](https://www.youtube.com/watch?v=haBENW96T5g) - <https://www.youtube.com/watch?v=haBENW96T5g>
- [The Autism Society: National Autism Awareness Month](https://www.youtube.com/watch?v=XLKZhe2UKi4) - <https://www.youtube.com/watch?v=XLKZhe2UKi4>



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**Fun at Home Together While School is Out  
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**10 playful activities for children with disabilities:** <https://www.unicef.org/parenting/child-care/10-playful-educational-activities-children-disabilities>

1. Place a variety of toys on a tray or flat surface to stimulate your child (try sensory toys, sponges, cups, etc.).
2. Make up a game using a ball, decide the best way depending on child's mobility.
3. Make a video of activities child has done and play it for them.
4. Take your child to the kitchen and have them help prepare food.
5. Be artistic – let them color or paint.
6. Read books together – sit in a comfortable position or stand.
7. Make a tray of water or sand – play with textures and toys.
8. Play with dough – use molds or tools to cut shapes.
9. Spend some quiet time playing with puzzles.
10. Sing, dance and make noise with your child.

**More Activities:** <https://www.unicef.org/lac/en/learning-together-at-home>

- Watch your favorite TV shows or movies. Try to choose shows with lots of color or emotions.
- Listen to various types of music with different rhythms.
- Prepare a puppet or puppet theatre (with socks or gloves).
- Give your child a camera (your phone for example) and let them take funny photos of you, family pet or other favorite things.
- Blow bubbles. Make your own bubbles with water and soap.



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- **[Coach Art: 10 Easy Crafts for Kids with Motor Disabilities](https://coachart.org/blog/10-easy-crafts-for-kids-with-motor-disabilities/)** Offers a list of craft ideas that children of all abilities can participate in as well as some tips for caregivers assisting with craft adaptations <https://coachart.org/blog/10-easy-crafts-for-kids-with-motor-disabilities/>
- **[Daniel's Music Foundation: Activities for Children with Disabilities](https://www.danielmusic.org/activities-for-children-with-disabilities)** Provides inclusive opportunities for children of all abilities to enjoy music and movement through live events and activity clips <https://www.danielmusic.org/activities-for-children-with-disabilities>
- **[DIY Ways to Meet a Child's Sensory Needs at Home](https://www.edutopia.org/article/diy-ways-meet-childs-sensory-needs-home)** Offers guidance on relaxing, sensory safe activities for your child at home <https://www.edutopia.org/article/diy-ways-meet-childs-sensory-needs-home>
- **[Exceptional Lives](https://www.exceptionallives.org/resources?gclid=EAlaIQobChMIx7z99O2q9gIVC5ezCh2S1gkAEAMYAiAAEgIASvD_BwE)** Includes tips and ideas for fun things to do at home with kids, plus educational resources to address learning loss for children with disabilities [https://www.exceptionallives.org/resources?gclid=EAlaIQobChMIx7z99O2q9gIVC5ezCh2S1gkAEAMYAiAAEgIASvD\\_BwE](https://www.exceptionallives.org/resources?gclid=EAlaIQobChMIx7z99O2q9gIVC5ezCh2S1gkAEAMYAiAAEgIASvD_BwE)
- **[HIE Help Center](https://hiehelpcenter.org/2020/04/10/home-activities-for-children-with-disabilities/)** Provides a list of home activities for children with disabilities <https://hiehelpcenter.org/2020/04/10/home-activities-for-children-with-disabilities/>
- **[How to Promote Self-Determination for Children with Disabilities](https://www.unr.edu/ndsip/english/resources/tips/how-to-promote-self-determination-for-children-with-disabilities?msclkid=6ca46a96ba6511ec954c1c5c3b9cee09)** Describes activities to promote within the home and at school to allow your child to be independent and social within the community <https://www.unr.edu/ndsip/english/resources/tips/how-to-promote-self-determination-for-children-with-disabilities?msclkid=6ca46a96ba6511ec954c1c5c3b9cee09>
- **[Inclusion Matters by Shane's Inspiration: Adaptive PE & Play Spaces at Home](https://inclusionmatters.org/adaptive-pe-play-spaces-at-home/)** Lists videos and resources that can offer inspiration for parents looking to adapt their home to meet the playtime needs of their children <https://inclusionmatters.org/adaptive-pe-play-spaces-at-home/>





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- **[Learning Together at Home: Fun Activities for Children with Disabilities](https://www.unicef.org/lac/en/learning-together-at-home)** Offers more learning activities at home and provides a video of a story time narrated in ASL  
<https://www.unicef.org/lac/en/learning-together-at-home>
- **[Learning Disabilities Association of America](https://ldaamerica.org/info/helping-young-children-with-learning-disabilities-at-home/)** Engages in an array of ongoing collaborative activities that support the organization's work on behalf of individuals with learning disabilities <https://ldaamerica.org/info/helping-young-children-with-learning-disabilities-at-home/>
- **[Paths to Literacy: Stay-At-Home Activities for Children with Visual Impairments](https://www.pathstoliteracy.org/blog/stay-home-activities-children-visual-impairments)** Shares insight into at-home play activities that children with visual impairments can engage in <https://www.pathstoliteracy.org/blog/stay-home-activities-children-visual-impairments>
- **[Play Modifications for Children with Disabilities](https://mymission.lamission.edu/userdata/grigorr/docs/NAE50%20play%20modif.%20of%20children%20w.disabilities.pdf)** Offers guidance on various forms of modification and support that educators or caregivers can provide to children with disabilities when engaging in playtime  
<https://mymission.lamission.edu/userdata/grigorr/docs/NAE50%20play%20modif.%20of%20children%20w.disabilities.pdf>
- **[RISE Services: The Importance of Sensory Play for Children with Disabilities](https://riseservicesinc.org/news/the-importance-of-sensory-play-for-children-with-disabilities/)** Highlights the importance of incorporating sensory activities into playtime for children with disabilities as well as examples of sensory play <https://riseservicesinc.org/news/the-importance-of-sensory-play-for-children-with-disabilities/>
- **[Special Olympics Maryland: Young Athletes At-Home](https://virtualso.md.com/young-athletes-at-home/)** Offers a host of videos and guides that can help young athletes with disabilities build sports skills from home  
<https://virtualso.md.com/young-athletes-at-home/>



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- **[The Arc Maryland: Coronavirus: What Is It and What Can I Do?](http://www.thearcmd.org/resources/covid-19/)** Provides a set of links to Maryland sites that are providing fun-at-home experiences and activities that families of all abilities can enjoy during the COVID-19 pandemic  
<http://www.thearcmd.org/resources/covid-19/>
- **[The Genius of Play: Sensory Play for Kids with Disabilities](https://thegeniusofplay.org/genius/expert-advice/articles/sensory-play-for-kids-with-special-needs.aspx#.YifJOUBFytE)** Shares recommendations on how parents can incorporate sensory play into at-home activities for children with disabilities <https://thegeniusofplay.org/genius/expert-advice/articles/sensory-play-for-kids-with-special-needs.aspx#.YifJOUBFytE>
- **[UNICEF Parenting: 10 Playful Activities for Children with Disabilities](https://www.unicef.org/parenting/child-care/10-playful-educational-activities-children-disabilities)** Provides a list of 10 activities that parents can incorporate into playtime with their children at home  
<https://www.unicef.org/parenting/child-care/10-playful-educational-activities-children-disabilities>



## Fun in the Community and Summer Camp Resources

- **[Anne Arundel County Adaptive Programs](#)** Lists a range of recreational programs that are offered to and adapted for children with disabilities in Anne Arundel County, Maryland <https://www.aacounty.org/services-and-programs/adaptive-programs>
- **[Baltimore County Therapeutic Recreation Programs](#)** Provides a list of year-round recreational activities that are offered to children and young adults of all abilities in Baltimore County, Maryland  
<https://www.baltimorecountymd.gov/departments/recreation/programdivision/therapeutic/programstherapeutic.html>
- **[Kids Enjoys Exercise Now \(KEEN\)](#)** Empowers youth with disabilities through participation in free, non-competitive, one-on-one programs of physical activity  
[https://www.keengreaterdc.org/?gclid=Cj0KCQjwxtSSBhDYARIsAEn0thRNNJSG3eXUHh6EWgmSO4IKBHAGzmF9MG8kcVNRupuLJ4pyGYtsN-MaArq2EALw\\_wcB](https://www.keengreaterdc.org/?gclid=Cj0KCQjwxtSSBhDYARIsAEn0thRNNJSG3eXUHh6EWgmSO4IKBHAGzmF9MG8kcVNRupuLJ4pyGYtsN-MaArq2EALw_wcB)
- **[Kennedy Krieger Institute: Adaptive Sports Programs for Children with Physical Disabilities](#)** Lists a variety of adapted sports activities that are available to children with physical disabilities between the ages of 5-11  
<https://www.kennedykrieger.org/community/initiatives/physically-challenged-sports/sports-programs-we-offer>
- **[Pathfinders for Autism: Camps](#)** Offers a list of summer camps and after-school programs that are inclusive of children with disabilities  
[https://pathfindersforautism.org/business-directory/wpbdp\\_category/camps/](https://pathfindersforautism.org/business-directory/wpbdp_category/camps/)
- **[Special Olympics Maryland: Young Athletes Program](#)** Offers a sports program for youth with and without disabilities between the ages of 2-7 as an introduction into foundational and advanced play skills <https://virtualso.md.com/young-athletes-in-communities/>
- **[Unlimited Play: Our Playgrounds](#)** Provides a list of playgrounds across the United States that are accessible and inclusive for children with disabilities.  
<https://unlimitedplay.org/playgrounds/>



## Additional Resources (Food and Toilet Training)

- **[Autism Speaks](https://www.autismspeaks.org/sites/default/files/2018-08/Toilet%20Training%20Guide.pdf)** Offers tips for caregivers on how to approach toilet training with children on the autism spectrum  
<https://www.autismspeaks.org/sites/default/files/2018-08/Toilet%20Training%20Guide.pdf>
- **[HealthyChildren.Org](https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Toilet-Training-Children-with-Special-Needs.aspx)** Provides guidance and instructions on toilet training for children with special needs <https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Toilet-Training-Children-with-Special-Needs.aspx>
- **[Kennedy Krieger Institute: Nutrition Department](https://www.kennedykrieger.org/departments-medical-specialties/nutrition-department)** Lists a variety of webinars related to healthy eating as well as additional services that are provided through their inpatient and outpatient programs <https://www.kennedykrieger.org/departments-medical-specialties/nutrition-department>
- **[Kennedy Krieger Institute: The Pediatric Feeding Disorders Program Blog](https://www.kennedykrieger.org/stories/home-plate-pediatric-feeding-disorders-program-blog)** Offers a range of blog posts related to healthy food choices, picky eaters, and feeding routines <https://www.kennedykrieger.org/stories/home-plate-pediatric-feeding-disorders-program-blog>
- **[Medical Home Portal](https://www.medicalhomeportal.org/clinical-practice/common-issues-for-cyshcn/toilet-training-children-with-special-needs)** Provides information for professionals on when a child with special health care needs may be ready to toilet train and to guide toilet training <https://www.medicalhomeportal.org/clinical-practice/common-issues-for-cyshcn/toilet-training-children-with-special-needs>

