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### Staying In Place

As many of us are currently "staying in place," this Spring eNewsletter edition is focused on bringing you autism resources to share with your family. If you do not live with your grandchildren, please do forward this to your children who may find this information helpful.

If you are self-isolating, here are some suggestions for you:

**Stay Safe:** Arrange for deliveries of food and drugs, either by booking them online or by telephone.

**Contact Family and Friends:** Call, Facetime, email or text with family members and friends. Reconnect with some former classmates, neighbors and people you know who will be happy to hear from you. Platforms like Facebook make that easy.

**Celebrate Easter and Passover Online:** Many churches and synagogues will be offering live stream versions of their services. Go to their website for information about how to access them.

**Search Google for Answers to Almost Everything:** Find information online about how to fix things, prepare food, find entertainment, etc.

<https://www.google.com>

**Dealing With Change** [10 Tips to Support someone During Times of Change](#)

**Exercise Workouts for Seniors:** There are many workouts for seniors available online; you can use Google to search for a level of exercise designed to meet your needs.



15-minute Sample Workout for Older Adults from Go4Life

**For the Latest Updates about the Coronavirus, go here:**  
[Center for Disease Control and Prevention](#)

## Coronavirus Autism Resources

### **CORONAVIRUS & AUTISM**

What should the autism community know about the coronavirus outbreak?

<https://www.autismspeaks.org/science-news/what-should-autism-community-know-about-coronavirus-outbreak>

Autism Speaks Response Team

<https://www.autismspeaks.org/autism-response-team-art>

How to handle school closures and services for your child with autism

<https://www.autismspeaks.org/science-news/how-handle-school-closures-and-services-your-child-autism>

How to handle clinical care during social distancing and school/program closures

<https://www.autismspeaks.org/science-news/how-handle-clinical-care-during-social-distancing-and-schoolprogram-closures>

VIEW MORE RESOURCES AT AUTISM SPEAKS

<https://www.autismspeaks.org/covid-19-information-and-resources>

## TALKING ABOUT CORONAVIRUS

Teaching stories to help kids understand our current environment and adapt to changes in routine

[https://www.autismspeaks.org/sites/default/files/flu\\_teaching\\_story\\_final%20%281%29.pdf](https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.pdf)

Coronavirus Social Story from Little Puddins

<https://littlepuddins.ie/coronavirus-social-story/>

Autism and Coronavirus: Helping Students Understand

<https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/>

Stop Germs from Spreading: Wash Your Hands | Cincinnati Children's



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## Keeping Kids Busy During School Closures

### Free Kitchen Classroom

America's Test Kitchen is sharing a weekly Kitchen Classroom plan through it's [Young Chef's Club website](#). Their site has more than 150 kid-tested and kid-approved recipes, experiments, hands-on activities and quizzes.

### PBS Kids

[PBS Kids](#) has hundreds of games at multiple levels. [Apps](#) are also available for multiple platforms.

### 50+ Virtual Field Trips to Take When You're Stuck at Home

The Unlikely Home School is featuring over 50 virtual field trips to places in the U.S. like the Metropolitan Museum of Art and various National Parks as well as global locations like Buckingham Palace! [Visit the Site](#).

### World Class Education

[Khan Academy's](#) mission is to provide a free, world-class education to anyone, anywhere.

They have thousands of subjects for all ages from kid to adult. There are apps available as well for [iOS](#) and [Android](#)

## Learning With Law Enforcement

Over the next several weeks, the Orange County Sheriff's Department will be sharing videos geared toward children to educate them on what we do in the community and also give them an up-close virtual look at some of our cool gear and tools. [Visit the Site.](#)

## Arcade Academics

Boost student engagement and fact fluency with free multiplayer educational games, math games, language arts games, and more! [Visit the Arcademics Site.](#)

## Lunch Doodles

Kennedy Center's artist-in-residence Mo Willems, is hosting a daily Lunch Doodles session for the next few weeks.



LUNCH DOODLES with Mo Willems! Episode 11

## World Autism Awareness

Some resources to help you commemorate National Awareness Month in April and World Autism Awareness Day on April 2nd!

### Best Seller Books About Autism & Asperger's Syndrome:

<https://www.amazon.com/Best-Sellers-Books-Autism-Aspergers-Syndrome/zgbs/books/282950>

### Autism Resources for Parents - The Ultimate New Guide

<https://www.autismparentingmagazine.com/autism-resources-parents/>

### 36 Movies Featuring Autism:

<https://www.autism.org/autism-movies/>



# April is World Autism Awareness Month

## News Update

The *Spring 2020 social*

PLEASE NOTE: DUE TO CORONAVIRUS CONCERNS, THE SPRING FLING DANCE AT CHAPMAN UNIVERSITY HAS BEEN POSTPONED.

## eBay Donations: Spring Cleaning

Donate to GAN's [Giving Works eBay Store](#)



Grandparents have lots of "stuff" like collectibles, unused gifts and household goods, clothing, vintage jewelry and things in good condition that our families "do not want."

Your "stuff" can benefit other grandparents and families affected by autism. The Grandparent Autism Network welcomes donated goods.

Grandparent Autism Network  
360 E. First Street #202  
Tustin, CA 92780-3211  
714.573.1500  
[info@ganinfo.org](mailto:info@ganinfo.org)



[www.ganinfo.org](http://www.ganinfo.org)  
[www.faninfo.org](http://www.faninfo.org)

Networking together,  
grandparents are a vital  
resource for autism...  
and each other!