# Today’s piece was prepared by Benji Dossetter, MD, MPH, based on a NY Times article written by Developmental & Behavioral Pediatrician, [Mark Bertin, MD](https://developmentaldoctor.com/), entitled [The Extra Burden for Parents of Children with Special Needs](https://www.nytimes.com/2020/05/13/well/family/coronavirus-shutdowns-children-special-needs-adhd-autism.html?searchResultPosition=17)

# This article provides a series of recommendations for families caring for, and notably educating and homeschooling, children with special needs during the Covid-19 pandemic and specifically targets parents of children with ADHD and autism. Dr. Bertin acknowledges the many challenges of parenting and educating children with special needs during the pandemic, notably the confinement to home of families, the need for homeschooling, and the suspension of many vital services such as in-person early intervention services and special education programs provided through school districts. Dr. Bertin’s advice is twofold, namely that parents should implement routines and schedules whenever and wherever they can, and that many of the services that have been suspended for children may still be accomplished, at least in part, through use of virtual visits and planning ahead for the next school year.

# The article is certainly impartial and scientifically balanced, buttressed by links to evidence-based resources such as healthychildren.org and the Autism Science Foundation. Apart from these links to resources, however, there is a relative lack of specific and pragmatic advice for parents, and the article mainly focuses on the importance of general themes such as maintaining children’s routines, for example. Nonetheless, the article does help convey the extra challenges that parents of children with special needs are facing to the lay public.

# RESOURCES FORE PARENTS DURING COVID-19:

# [Understood](https://www.understood.org) *Provides information on a variety of behavioral, learning, and developmental differences, and includes a dedicated* [*section on COVID-19*](https://www.understood.org/en/school-learning/coronavirus-latest-updates)

# [ADEPT: Autism Distance Education Parent Training](https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html) *UC Davis Program of the MIND Institute; helpful for teaching at home*

# And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!