



# 'Bits & Pieces'

Covid-19 Edition July 2020



## Wearing a Mask During Covid-19?

### Basic Steps for Safety

- ◆ Wash your hands often.
- ◆ Avoid close contact.
- ◆ Cover your mouth and nose with a cloth face cover.
- ◆ Cover your coughs and sneezes.
- ◆ Clean and disinfect frequently touched surfaces daily.

As West Virginians are enjoying the summer season, there has been a rise of Covid-19 cases that resulted in a mandate of wearing face masks or coverings requirement in all indoor public places where social distancing cannot be maintained. The CDC also recommends people wear cloth masks in public places. It a concern for families with special needs children who have health conditions to protect their children from the Covid-19 virus. Here are some suggestions to help you and your special needs family member about wearing masks during the warm days:



Cited: Google free

1. As the days are hot and wearing a mask makes your face humid, doctors recommend that you take extra precautions such as drinking more water.
2. Look for a mask that will keep you cool and comfortable this summer such as ones made from cotton. One study revealed that found that using a single layer of T-shirt fabric blocked out 40% of particles from leaving the mask, and two layers of T-shirt fabric blocked out 98% of droplets while maintaining breathability.
3. The strap on the masks can be from a variety of items such as ribbon, cloth, string, shoelaces, or elastic bands. The goal with the strap is to ensure your mask stays in place without huge gaps but allows you to breathe comfortably. Elastic straps may be irritating to the skin behind the ears, especially since it is hot outside. It might be better to use an adjustable strap that you can either tie or tighten with a clasp to get a better fit. Remember, it is worth the few moments to fix your mask before heading out so you will not touch your mask or face when you are out in public.
4. It is necessary to wash your cloth mask every time you wear it to keep it clean and prevent bacteria from growing on it. If you have a disposable mask, you need to remember that touching the mask could transfer virus particles on its surface. So, if you have not touched the broad part of the mask while you are wearing it and safely removed it from your face, you can store it in a clean container to 'air out' such as a plastic Tupperware or Ziploc bag for a few days (24 to 48 hours).
5. For your child who might have autism or other special needs and is 9 or older (*children ages 2 years old through 8 years old, face coverings are not required*) will need help to understand this new routine. Adjusting to this change can be stressful for everyone, but especially challenging for children who have rigid routines or have heightened sensitivity to change. Extra support by using social stories to explain will help. Another option to use could be the method of shaping. It uses rewards such as praise, high fives, or small tokens for making the child comfortable.



Welcome to our July newsletter from WVPTI!

WVPTI is here to help you with questions and finding answers to your problems. We are sharing some news and ideas in our newsletter.

Please check out of Facebook page for other resources:

<https://www.facebook.com/Wvpti/>

Brenda Lamkin,

Executive Director of WVPTI

Example of steps: Bring the mask toward their face, touch the mask on their face, child allows you to pull the elastic back, allows elastic over child's head, wears, for 1 sec., wears for 5 seconds, etc. So, protect yourself and your special needs family member by wearing the masks and making it a routine for your child(ren).

Note: Under the Centers for Disease Control and Prevention guidance, children younger than 2 years old, anyone who has trouble breathing, and anyone who is unconscious, incapacitated, or otherwise unable to remove the face covering without assistance should not wear face coverings and are exempt from the face-covering requirement. Face shields are an acceptable substitute for those with physical conditions that may cause them to be unable to properly wear a face covering.

The Governor clarified that the requirement to wear face coverings does not apply inside residents' homes or vehicles. Also, the requirement does not apply when consuming food or beverages inside a restaurant.

The requirement does not apply anywhere outside. However, state health leaders still strongly suggest that residents wear a face covering when outside in circumstances where proper social distance is difficult to maintain.



Keep well and healthy!



### *Message from the Director...*

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Brenda Lamkin, Ex. Director of WVPTI

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*Greetings Friends of West Virginia Parent Training and Information, Inc., I hope each of you and your families is having a safe and enjoyable summer. As we know, returning to school (virtually or brick and mortar) is approaching fast. Please watch and participate in your local county and state surveys to ensure the parent voice is heard. We are continuing to provide free data collection forms for families tracking for regression and/or progression with their children. This data will be vital for school re-entry and requesting compensatory/support services. Distance learning worked extremely well for some students, but many of our children and youth with disabilities and special healthcare needs, it did not. Our students were unable to receive the needed supports to make meaningful progress with their education. We will be starting our back-to-school training series soon and providing limited virtual IEP and meeting attendance. Face-to-face meetings will be determined and scheduled based on the current pandemic. Please check our website, newsletter, and social media for updates!*

*Brenda Lamkin, Executive Director*

### Tips to Help Parents Reinforce Positive Behaviors at Home

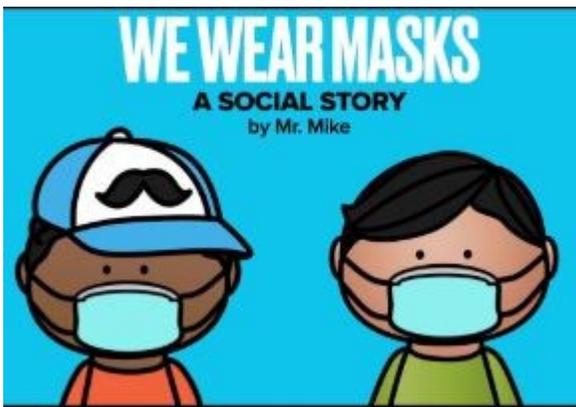
Look up the tips and positive behavioral interactions support to help you while children are at home during the summer season. Link to the article:

<https://wapave.org/tips-for-parents-summer-provides-time-to-reinforce-positive-behaviors-at-home/>

### WVPTI Online Events to Help Parents Exchange Ideas About New School Year....Register and Join the Discussion Online!

 <p><b>COFFEE &amp; Conversation</b></p> <p>WVPTI'S HAZEL MANN'S</p> <p><b>July 22, 2020</b> 1:00 pm</p> <p>Call 1-304-472-5697 to register for Zoom Meeting. Email: <a href="mailto:wvpti@aol.com">wvpti@aol.com</a></p> 	<p>Families of Children and Youth with Disabilities Join Us!</p> <p>Questions about the new school year? Concerned? Let's Talk!</p>	 <p><b>Families of Children and Youth with Disabilities Join Us!</b></p> <p>Questions: Virtual or Brick and Mortar- Back to school? Covid 19? Behaviors? Regression?</p> <p>Concerns? Let's talk!</p> <p>Join Cara Price of WV Parent Training &amp; Information in collaboration with Julia Haines and Tracy Vincent from WV Autism Training Center for this event!</p> <p><b>July 14, 2020</b> 1:00 pm- 3:00 pm</p> <p>Call 1-304-472-5697 to register for the Zoom Meeting. Email: <a href="mailto:wvpti@aol.com">wvpti@aol.com</a></p> 
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### Covid—19 Video to Share with Your Child



[https://youtu.be/lnP-uMn6q\\_U](https://youtu.be/lnP-uMn6q_U)



<https://youtu.be/cQFkZQIVwxM>

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West Virginia Parent Training and Information, Inc. (WVPTI) is a non-profit agency that operates the statewide federally funded Parent Training and is the [Family Voices](#) State Affiliate Organization for West Virginia.

The programs and services of WVPTI, Inc. are based on the concept of parents helping parents. Our mission is to empower parents of children and youth with disabilities in their roles as parents, decision makers, and advocates for their children and to promote partnerships among parents and professionals.



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## Self— Advocacy is our strength!

- Speaking up for yourself,
- Asking for what you need,
- Negotiating for yourself (working with others to reach an agreement that will meet your needs),
- Knowing your rights and responsibilities,
- Using the resources that are available to you,
- Being able to explain your disability either by the use of written words, pictures.
- Being able to explain your disability either by the use of written words, pic-

tures or gestures.

For the full article; <http://>

[www.autismspeaks.org/family-services/tool-kits/  
transition-tool-kit/self-advocacy](http://www.autismspeaks.org/family-services/tool-kits/transition-tool-kit/self-advocacy)



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