

TIP SHEET: Staying Connected Virtually

It is important for you and your children to stay connected with others during this challenging time. Since it is recommended to stay apart from people you do not live with, using virtual platforms are an excellent way to interact with other people.

Both you and your children are likely missing extended family members, teachers, and anyone else they would typically interact with face to face. As part of your weekly routine, try and schedule time for video calls with the people your child would regularly see.

Examples

- Play an online game with an aunt, uncle or cousins
- Call and sing a song with Grandma
- “Share a snack” with a friend and have both children eating a snack while on video camera
- Have a relative read a bed time story.

Tips

- Avoid making calls when you know your child is typically hungry or tired
- Have books, favourite toys or activities nearby for your child to show the person they are talking to.

For Parents/Caregivers

- Bethesda’s “Coffee Chats” can be a great way to connect with other adults, to share strategies and feel supported during this difficult time

Examples of Free Virtual Apps or Resources:

- Zoom and Skype are free sites to video chat
- Facetime and Whatsapp are free apps which you can make video calls
- Jackbox Games has online games which can be used to played with others, Roblox you can create worlds and play with friends

*Ensure you research online platforms to ensure they are secure and safe before using them.

Families can contact a Bethesda Service Coordinator by calling 905.684.6918 ext. 170 or by emailing serviceinfo@bethesdaservices.com to book an individual consultation.

Note: This resource is provided for informational purposes only and is not a substitute for professional advice, diagnosis, or treatment from a qualified ABA clinician.