

Parent Tip #8

Find or create support networks. You are not alone. Everyone is experiencing this, so reaching out can provide you with new resources, ideas, or just plain comfort.

- **Your child's teacher(s), related service providers, therapists, and other professionals are still available to you to provide what is needed to help your child learn, even if it looks different from what they usually do. They are working hard to be creative with ways to provide services to students with disabilities in a virtual format.**
- **Other families are also experiencing the same challenges. If you do not have access to a family virtual group, contact the teachers and other professionals to request that one be created so that you can connect with others to share experiences and solutions.**

Adapted from Florida Inclusion Network

