

Emotional support for parents or caregivers of individuals with a disability.

Links

Getting Started: Special Education Guide

Source

[Getting Started: Special Education Guide](#)

Books & Guides

Big Red Safety Toolkit

The Big Red Safety Toolkit from the National Autism Association can help parents and caregivers of someone with Autism Spectrum Disorder (ASD) who is prone to wandering off from a safe environment, and whose diagnosis may interfere with their ability to recognize danger and/or stay safe.

Source

[National Autism Association](#)

Links

Think Safety: Autism Resources

Source

[Think Safety: Autism Resources](#)

Links

Udemy: Free Online Stress Management Course for Parents of Children with Special Needs

Source

[Udemy: Free Online Stress Management Course for Parents of Children with Special Needs](#)

Article

The Arc Virtual Program Library for People with Disabilities

Find online resources through the ARC's Virtual Program Library for people with intellectual and developmental disabilities and their caregivers. This virtual library is a free hub of on-demand activities.

Source

[The Arc of the United States](#)

Books & Guides

DISABILITY ETIQUETTE: Tips On Interacting With People With Disabilities

The United Spinal Association has developed a helpful guide on [DISABILITY ETIQUETTE: Tips On Interacting With People With Disabilities](#).

Source

[United Spinal Association](#)

Article

Learn More About Your Child's Development

Learn more about your child's development with these resources from the CDC.

Source

[Centers for Disease Control \(CDC\)](#)

Article

ADHD Toolkits for Parents and Caregivers from CHADD

CHADD's National Resource Center on ADHD has developed a toolkit of resources for parents and caregivers who are just learning about attention-deficit/hyperactivity

disorder (ADHD).

Links

Medical Home Plus

Source

[Medical Home Plus](#)

Article

Packing the Right Toys for Sensory Needs

Discover strategies for packing for a trip when you have a child with sensory needs.

Source

Springible

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