



ADHD Toolkit for Parents & Educators **ADHD and School During a Pandemic** **Resource Links**

The COVID-19 pandemic has created challenges for students, parents, and teachers as they transition from one learning environment to another. Find resources in this toolkit to help students succeed during this stressful time.

Quick Facts

- [Back to School: COVID-19 Transition](#)
- [Masks & Vaccines: Tools to Continue In-School Education](#)
- [School and Home Communication Plan](#)

Infographics

- [Tips for Creating a Morning Routine](#)
- [School Anxiety in Children with ADHD: Signs and Strategies to Help](#)

Articles

- NRC Staff. [New Education Guidelines in Response to COVID-19 Disruptions](#)
- Cohen, Matt. [Coping with and Recovering from the Pandemic: Key School Issues for Kids with ADHD](#)
- Legg, Mallory. [Compensatory and Recovery Services for Students with ADHD](#)
- Resnik, Rebecca. [Fearless Advocacy: Pro Tips for School Team Meetings](#)
- Heller, Carey A. [Tracking Homework Assignments](#)
- Van Boening, Ashlee. [Teaching in a Pandemic: Upheavals, Adjustments, and Moving Forward](#)
- Gedzelman, Cheryl. [Keep Up Academic Skills During This Challenging Time](#)
- Witzel, Bradley. [Executive Functioning Disorder and Mathematics](#)

Watch and Listen

- Ask the Expert: [When Classes Resume—How to Help](#)
- Ask the Expert: [Online Learning: Teaching Students How to Work from Home](#)
- Ask the Expert: [IEPs, 504 Plans, and the New Educational Landscape](#)
- Podcast: [Online Learning for Children with ADHD](#)

Additional Resources

- [Know What to Expect at Your Child's K-12 School or Early Care and Education Program](#)
- [School changes - helping children with ADHD](#)
- [Tools for Supporting Emotional Wellbeing in Children and Youth](#)
- [Tackling Unhelpful Thoughts](#)
- [ADHD and School: A Toolkit for Parents](#)