

TRIAD Online Resources for Caregivers

Due to the circumstances of COVID-19, caregivers have the enormous task of taking care of children's basic needs, as well as potentially becoming the child's teacher or service provider. At TRIAD, we understand the challenges caregivers face during these times and want to offer our support. These **FREE** online resources are accessible any time via the web, and may be useful to caregivers as they live and work with their children at home. To access these modules, go to triad.vkclearning.org and create a log in.

Evidence-Based Practices

Instructional strategies that can help you organize your home, organize learning activities, or motivate your child to participate in household or learning activities

triad.vkclearning.org - Under [Caregivers](#)

- Early Childhood Strategies to Start with (2 modules)
- Common Preschool Strategies to use at Home (6 modules)



triad.vkclearning.org - Under [School Age Services](#)

- Visual Supports (1 module)
- Independent Work Systems (1 module)
- Setting up Schedules in the Classroom Series (2 modules)
- Using Schedules Series (6 modules)
- Introduction to the Principle of Reinforcement (1 module)
- Reinforcement Series (6 modules)
- Story-Based Interventions (1 module)



triad.vkclearning.org - Under [Archived Webinars](#)

- Early Childhood Reinforcement Webinar (1 webinar)



Families First Online Education Series (Thursdays 1-1:30 p.m.)

- Register for live webinars at:
zoom.us/webinar/register/WN_65FW8ZwqRBau6N6ib_329g
- View archived webinars at:
vkc.vumc.org/vkc/triad/covid19/ff/

Academic Instruction

Quick tips to help make “instructional time” or academic time more effective for all types of learners

triad.vkclearning.org - Under [School Age Services](#)

- Explicit Instruction Series (10 modules)



triad.vkclearning.org - Under [Early Childhood Services](#)

- Early Childhood Circle Time Series (6 modules)
- Early Childhood Play Series (5 modules)



triad.vkclearning.org - Under [Archived Webinars](#)

- Explicit Instruction: Effective Cross-Curricular Vocabulary Instruction (4 webinars)
- Early Childhood Center Rotations Webinar (1 webinar)



Communication

Tips and strategies to promote communication and growth with your child

triad.vkclearning.org - Under [School Age Services](#)

- Building Blocks of Communication (10 modules)



triad.vkclearning.org - Under [Archived Webinars](#)

- Communication Plain and Simple Webinar (5 webinars)
- Early Childhood Communication Webinar Series (4 webinars)



Mindfulness

Ideas to incorporate simple and effective mindfulness practices into your everyday life, or into your adolescent's everyday life

triad.vkclearning.org

My Courses → **TRIAD Training/Open** → **Mindfulness/Open**

- triad.vkclearning.org/My-Courses/LrnTab1597/myplan/LrnCtrl1597/myplan/LrnKC1597/true/FID1597/0cd3eec3-7cdf-4fc8-8462-d6219475b9b4

triad.vkclearning.org - Under [Archived Webinars](#)

- Mindfulness for Educators, Improving Personal Practices (6 webinars)
- Mindfulness for Educators, Mindfulness Practice with your Students (4 webinars)
- Mindfulness for Educators: The Importance of Self-Care and Distress Tolerance Skills (1 webinar)



Note: Some of these modules were created with educators in mind, but may be useful in the current circumstances. To learn how to navigate our online learning portal, please visit triad.vumc.org/covid19/

Early Intervention Modules

Modules specifically geared towards supports for caregivers to help young children; these topics may be useful/generalizable for older children as well

triad.vkclearning.org - Under [Early Intervention Services](#)

- Understanding the ABCs of Behavior (1 module)
- Communication Series (5 modules)
- Challenging Behavior Series (6 modules)
- Social Play Series (5 modules)
- Toilet Training Series (6 modules)
- Addressing Sleep Challenge Series (6 modules)



Autism Related Printable Materials

Tip sheets on a variety of topics related to individuals with ASD

vkc.vumc.org/vkc/resources/autism/

- Autism Parent Guide (Early Childhood, School Age)
- Evidence-Based Practices for Treatment of Autism Spectrum Disorders: Tips and Resources
- Healthy Bodies Toolkit: A Parent's Guide on Puberty (Adolescents and Young Adults)
- Sleep Strategies for Teens
- Strategies to Improve Sleep in Children (School Age)
- Toilet Training (Early Childhood)
- Teaching Communication Skills
- Visual Supports and Autism Spectrum Disorders