



## Short Communication

# New normal for students with special needs

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In the current situation parents of Children with Special Needs (CWSN) are worried about a new normal state for children with special needs. Situation will not be normal as before, still we have to survive with COVID-19. We have to do all work (Domestic) related activities or school related activities with preventive measures that we are taking now. school will be reopen during the new normal, but parents are anxious to send them to school, mass of parents do not agree to send their child with Special needs to school, Because they are worried about the child's protection in this epidemic circumstances.

Due to COVID 19 our lives being is very restricted likes travelling, shopping, working, and other events. We are learning to manage the survival with minimum resources and giving high priority to hygienic life. Now a days we are disengaged from all relatives and friends, including family members and our CWSN also disconnected from their school (climate), teacher and friends. The COVID-19 is psychological trauma, it's basically related to mental state being normal. In this situation we face mental stress and mental health, with special needs.

For parents of children with special needs, now can be a time of enormous pressure and anxiety for the ongoing development of their child. In New normal Routines are diverse, and receive online support from teacher is very difficult to access. Most parents have made a changeover to

homeschooling their child with special needs with the help of school Teachers and therapist via the Internet and online mode. However, a change of routine for those children with special needs can be difficult to cope up at home also. Its better Children below 12 years and hyperactive may be asked to stay at home at initial stages.<sup>1</sup>

One of the most important things to consider when dealing with child with special needs is to encourage a intelligence of calm as best as possible. Even for typically developing children and youth, there may be a sense of panic and worry about the future. They may not understand the implications of COVID and that can be puzzling. Tell them about this puzzling situation and Train the child with special needs in preventive measure from COVID 19 like washing hands properly with soap, using sanitizer, wearing mask, maintaining physical distance, avoid crowded place, etc.

Encourage activities they interested, and think about new, fun activities to get them involved in home and Classroom are an important part of the infrastructure of communities and play a significant role in supporting the whole child with special needs, not just their academic achievement.

This guidance is planned to assist school administrators as they think about how to protect the health, safety, and well being of students, teachers, other school staff, their families, and communities and prepare for cultivating students this reduce their anxiety and protection of self and as well as near and dear ones.

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Child with special needs to send school after reopening schools is a very critical decision to which should be taken as per the instructions of central and state government and local government. Child with Special needs from mild severity level of disabilities should be considered first for sending their special or inclusive schools after reopening. The children should develop necessary prerequisite skills related to preventive measures taken for COVID 19 pandemic and independency in personal care skills before going to their schools. Children above 12 years or upper primary and secondary grades should be considered first for sending schools. Children showing hyperactivity of excessive behavioral problem may be retained home at initial stage.

Preventive measures for Parents of child with special needs to send their students to school in new normal:

1. Teach and model good hygiene practices for your children
2. Train the child in preventive measure from COVID 19 like washing hands properly with soap, using sanitizer, wearing mask, maintaining physical distance, avoid crowded place, etc.
3. Ensure that safe drinking water is available and toilets or latrines are clean and available at home.
4. Ensure waste is safely collected, stored and disposed of
5. Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth, nose
6. An enquiry about the precautionary steps taken by schools and send your child only when you get completely fulfilled.
7. The school bag and water bottle keep in cloth or plastic bag which is simply washable.
8. Drop your child by walking or own vehicle to the school, Avoid School vehicle.
9. When child come from school tell child to remove his cloths, mask and soak in lukewarm water with soap. Tell them to sanitize all his belonging.
10. Tell your child to take a bath.
11. With your child always send soap/liquid soap, sanitizer, tissue paper/old news paper and extra mask or cloth, face shield to cover his/her face.
12. Whenever require tell the child to greet others without any physical contact.
13. Provide home based remedies as suggested by Ministry of Aayush, Government of India for developing immunity of the child.
14. Give time to your child to complete his school assignment, and also tell elder brother and sister to help him in his studies.
15. Plan for physical exercise with your child.
16. Plan a schedule with visual support to manage his/her daily routine activities.
17. Motivate your child to participate house hold chores.
18. Plan fun activities with the child in evening time.
19. Restrict the time for use mobile phones.

According to RTE provided every child has free and compulsory education in any condition. The unusual impacts of the Covid-19 has global outburst are really guide educational systems to a new normal time in all Special children. This paper is useful to guide for parents of child of special needs in new normal situation.

### 1. Conflict of Interest

The authors declare no potential conflict of interests.

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