

VFN Covid-19 Updates & FAQs

April 3, 2020

Dear VFN family and friends,

Hope you are doing well in this rapidly changing environment. It has been a very eventful week for all of us, and we hope you and your loved ones are navigating the many challenges of Covid-19 and reaching out to us for support when you need it. *We are here for you.*

On March 27, Governor Phil Scott issued a [directive to dismiss schools](#) for in-person instruction for the remainder of the 2019-2020 school year. Right now, Governor Scott's [Stay Home, Stay Safe order](#) is effective until April 15. On March 29, President Trump extended national "social distancing" guidelines to April 30. On March 30, Governor Scott said in a press conference that he expects to extend the timeline for Vermont's Stay Home, Stay Safe order but it's unclear right now for how long.

Our "new normal" of staying home and distancing ourselves from others so that we can slow the spread of Covid-19, coupled with increasing change and the escalating numbers of people impacted by this virus can be overwhelming. On a daily---sometimes hourly!---basis, I have to remind myself to slow down and breathe. I am sure you can relate, especially those of you who are trying to work from home while also teaching your children. Several parents have shared with me that their children have been more clingy and needy recently. This is certainly understandable, given the gravity of our current situation. In these uncertain times, I think it's important to be gentle with ourselves and take the time to be truly present for our children and families. Doing what we can to take care of ourselves and reinforcing our connections with loved ones can give us the strength we need to get through this.

It's hard for us to know how we can be most helpful to the people we serve during these unprecedented times. **Can you please help us by taking a few minutes to complete this [brief survey](#)?** Many thanks to the 49 people who have already responded. We are using the input from the survey to focus our staff resources on what families of children with disabilities/special health needs and the professionals who serve them need most from us right now. We're trying to answer questions that are coming to us by way of these periodic E-News Covid-19 Updates, which we've saved on our [website](#). We hope you find them timely and helpful.

As always, we are here to listen and help you with any questions or concerns you have about you or your child's health, education, or well-being. Please contact us any time at info@vtfn.org or (802) 876-5315. We look forward to talking with you by phone or videoconferencing. We believe that the required physical distancing right now should not mean social isolation!

Sending you all our very best during these incredibly tumultuous times. Let us know how we can help you. Together, we are Vermont Strong.

From the heart,

Pam McCarthy, M.Ed.
CEO / President