COVID-19 Research Updates: Despite the Stanford, California, and Nation-wide stay-at-home orders, the Girl BAND team remains hard at work in support of our participants and their families! Our team put on our largest thinking caps to tackle the best ways to continue our important research and our amazing interactions with all of you. We think our innovation is paying off and can’t wait to share the details with you. Here are some of our latest updates and answers to questions you might have regarding your participation in the Girl BAND Study, and tips for you and your family during this challenging time.

Remote Visits: We have modified the GirlBAND Study to continue remotely using the Zoom interface on a computer or tablet. In this format, we will administer assessments and interviews with you and your child via video conference. If your visit is coming up in the next few months, please keep an eye out for an email from one of our staff to schedule a time that works for you.

New Research Questionnaire: We developed a short survey to capture how technology and social media use may influence social, academic, and behavioral development. Look out for an email from our team to complete this new questionnaire in the coming weeks.

Cortisol Collection: Please do not collect cortisol samples or mail completed kits to our office during this time. Our staff members are not currently on site to receive kits, but will reach out when we have returned.

Networking Opportunity: Our staff is working to facilitate on-line introductions and meet ups for girls who are interested in talking to other girls with fragile X. Look out for an email for how to sign up!

Papers and Presentations: Unfortunately, the National Fragile X Research Conference this July has been postponed. However, our team is still hard at work preparing papers and future presentations. Here is a sneak peek at some of the topics!

- Here’s to the Girls: Preliminary Cognitive and Academic Results
- Exploring Anxiety in Girls with Fragile X Syndrome
- Empathy and Anxiety in Young Girls with Fragile X Syndrome
- Brain Activation During a Social Interaction Task in Girls with Fragile X Syndrome
**TIPS AND STRATEGIES DURING SELF-ISOLATION**

### Life During Shelter-In-Place

- **Create a routine.** Struggling to structure the day? We recommend creating a schedule for your at-home learning. Click [here](#) and make a copy to start creating your personalized schedule.

- **Balance remote work with childcare.** Here are 8 tips from Yale Medicine for navigating work from home while your kids are home.

- **Talk to your kids about coronavirus.** This time can be intimidating for kids, and they look to trusted adults for comfort and information. Here is an [article](#) as well as a [video](#) from Stanford with some great tips for facilitating age appropriate discussions about coronavirus. And check out [this podcast](#) for a child’s guide to understanding coronavirus.

- **Tips from the NFXF.** Check out [these resources](#) from the National Fragile X Foundation for tips on navigating your child being home from school.

- **Tips for parents of kids with disabilities.** Check out [this information](#) from the American Psychological Association for navigating COVID-19 with children with disabilities.

### Self Care

- **Take control of your anxiety.** Check out this [infographic](#) to learn more about managing anxiety during these challenging times.

- **Stay active.** [Here](#) are some great tips for staying active while stuck at home!

- **Eat well.** Make nutrition a priority while staying home. Schedule specific times for snacks to prevent kids from "grazing" all day, and get creative with the food in your pantry. Check out more healthy eating tips [here](#).

- **Take Brain Breaks!** Don't forget to give your child (and yourself!) "brain breaks" throughout the day. [This website](#) has lots of great ideas for children of all ages to get you started!

- **Try yoga.** Yoga can be a great way to relieve stress while staying physically active. Check out [Super Stretch Yoga](#) for guided yoga exercises for kids.

- **Practice meditation and mindfulness:** Stay calm and engaged throughout the day with guided mindfulness exercises. Apps like [Headspace](#), [Smiling Mind](#), and [Stop, Breathe, and Think](#) have great options for kids and for adults.

### Stay Connected and Entertained

- **Try virtual hang outs!** Google Hangouts, Zoom, FaceTime, and Facebook Messenger provide great platforms to see and talk to friends and family.

- **Play a board game online.** Check out [boardgamearena.com](http://boardgamearena.com) and [tabletopia.com](http://tabletopia.com).

- **Host a movie night.** Install [Netflix Party](#) to sync your favorite movies and chat with your friends!

- **Get creative.** Check out some [craft ideas](#) to try with your kids at home!

- **Tour a Museum:** Many museums including the [Louvre](#), the [Vatican](#), and the [Smithsonian](#) have engaging virtual exhibits for the whole family.