

# Home-Based Suggestions for Compliance with Distance Learning & Expectations

## 1. Adjust Expectations

- “Chunk” tasks into pieces with smaller breaks between
  - Examine the assigned work to determine how much is reasonable for your child to do at once
  - Example: If there are 5 steps to completing an assignment, maybe start with completing the first 2 steps, take a break, and then finish the last 3 steps
- Offer choice as much as possible
  - If there are 3 things to do and a variety to choose from, let your child pick the 3
  - If there are 3 things to do and no additional choices, let your child pick the order that you complete them
- Focus on behavioral accomplishments instead of academic completion
  - Provide praise and reinforcement for your child communicating their needs/wants (needing a break, wanting to be “all done,” needing help, etc.). Honor their requests as much as possible!
  - If your child struggles to attend to the distance learning format, please contact your child’s teacher and/or school Principal for more specific accommodations.

## 2. Momentum

- Gain behavioral momentum when your child is starting to lose interest in the task
  - Engage in 2-3 rapid “higher interest” or “easier” tasks in a row to briefly distract them, and then return to the original demand
  - Example: ask your child what their favorite color is, ask which animal makes a certain noise, label items in their general vicinity, etc., and then redirect back to the task such as “now let’s do \_\_\_\_ and be done!”
- “Brain breaks” and movement breaks
  - Structure your day with plenty of time to engage in movement of some kind
  - Dance & music breaks are a great way for your child to “follow the leader” on screen and continue to learn direction-following, in addition to engaging in a stimulating activity
  - High-energy activities like dancing will be a good way to end an academic lesson, and may increase your child’s overall stimulation
  - Lower-energy activities like yoga may be a good activity to complete before academics. Limit the energy before an assignment to prevent over-stimulation.
- First-Then approach
  - Present low-preference activities “first” and follow it with a high-preference activity
  - Example: “first worksheet, then dance break!”

### 3. Visual Schedules & Checklists

- Visuals will help your child stay on-task as they are easier to follow than just processing verbal information
- Visuals do not have to be picture icons. A checklist with a word written that your child can cross off as they complete the item can also help with staying on-task
- Using a timer can also help your child begin to understand passage of time and/or to hold them accountable to time expectations

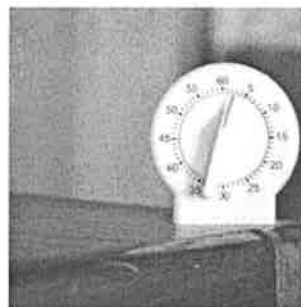
### 4. Reinforcement

- Use a basic token economy to create a visual system for your child to see their progress, and also “cash in” for the items they complete.
- Have your child identify a reinforcer that they want to “work for.” This could be a small activity, screen time, or any type of small preferred break.
- Match the token economy to your visual schedule. The token economy can have different criteria, as long as your child is clear about the rules each time they are using it. For example, maybe using the token economy for a worksheet would require 5 steps, so you use 5 “tokens” this time. Next, when your child has 3 gross motor activities to complete, you’d need to tell them they only need 3 smileys before they can be done and earn their break.
- To use the “tokens,” it can be as simple as drawing empty boxes on the page along the visual schedule steps, and add the “token” inside it when the task is completed. Maybe you’ll choose to draw a smiley face as your token, or even a check-mark.
- Maybe your child needs a different reinforcement schedule other than earning reinforcement at the end of all their assignments. Remember, breaking things into “chunks” and presenting material on their individual level is the key!
  - Reinforcement for individual steps (behavioral or task-based)
    - This will be needed if your child is struggling to attend to the screen, join in on sessions, follow directions, and/or complete larger assignments
    - Pick the targets or steps that your child can earn their “token” (smiley face) for, and then deliver a smiley face to them each time they show that target
      - Example: picking up the pencil, coloring for 5 minutes, labelling 10 letters, etc.
      - Example: sitting and looking at the screen for 3 minutes, keeping body still, listening to the book for 5 minutes, etc.
  - Reinforcement for the completion of all the assignments
    - If your child doesn’t need the task broken down into smaller tasks and can complete all of an assignment at once, you can also design your visual schedule and token economy to represent how many overall assignments should be completed before “cashing in” their tokens
      - Example: 3 worksheets = 3 smileys

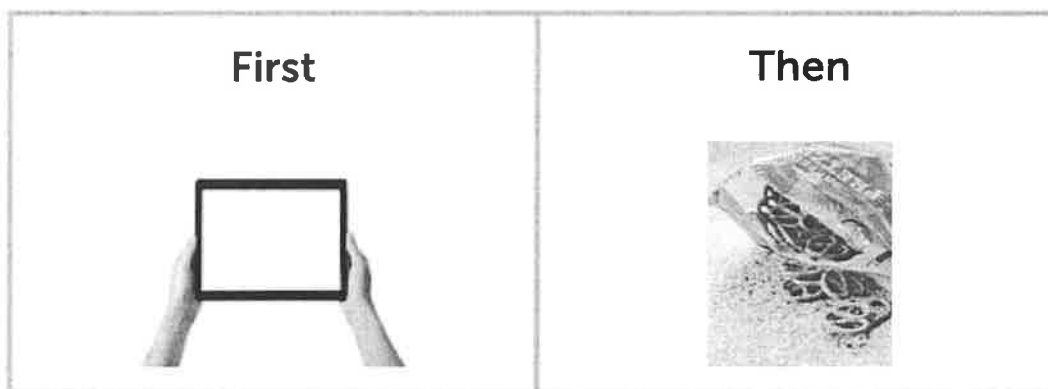
# How to Transition Off Screens

1. As much as possible, try to plan for screen time in the daily schedule. Make the times reasonable for your child's age.







2. Use a timer or clock to let your child know how much screen time they have so that they know what to expect.









3. Try to avoid planning screen time before non-preferred activities. For example, it might be easier to transition your child from screen time to snack than it would be to transition from screen time to an academic task.









## Timer Apps

 <p>Childrens Countdown Timer</p> <p>Free (in-app \$)</p>	 <p>Visual Timer</p> <p>Free (in-app \$)</p>	 <p>Stopwatch Timer</p> <p>Free (in-app \$)</p>
 <p>Kids Timer+</p> <p>\$0.99</p>	 <p>Stopwatch &amp; Timer+</p> <p>\$4.49</p>	 <p>Tabata Timer</p> <p>\$2.00</p>

# Creating Visual Supports and Social Narrative Apps

 <p><b>First Then Visual Schedule</b></p> <p><b>\$9.99</b></p>	 <p><b>Pictello</b></p> <p><b>\$18.99</b></p>	 <p><b>iPrompts</b></p> <p><b>\$9.99</b></p>
 <p><b>iCreate</b></p> <p><b>Free (in-app \$)</b></p>	 <p><b>Social Story Creator &amp; Library</b></p> <p><b>Free (in-app \$)</b></p>	 <p><b>First Then</b></p> <p><b>Free</b></p>

## Mindfulness Apps

 <p>Breathe, Think, Do with Sesame</p> <p>Free</p>	 <p>Calm</p> <p>Free (in-app \$)</p>	 <p>Daniel Tiger's Grr-ific Feelings</p> <p>\$2.99</p>
 <p>Headspace</p> <p>Free (in-app \$)</p>	 <p>HelloMind</p> <p>Free (in-app \$)</p>	 <p>Mindfulness for Children App</p> <p>\$5.99</p>