



### Create a Schedule/Checklist

- Create a daily schedule that includes work tasks, as well fun activities
- Break work tasks into smaller chunks if needed
- Schedule frequent breaks
- Schedule a preferred/fun activity after work tasks



### Provide Choice

- Offer choices in:
- Order of activities
  - Which materials to use
  - Write or type assignment
  - Topic to write on
  - Book to read
  - How long to work before a break



### Find Motivation

- Use token boards/reward systems
- Use the schedule and first/then language to show your child when preferred activities will occur (First math, then outside)
- Try to incorporate natural motivation into work tasks (ex: reading a preferred book for reading time)

# How To Help Your Child Succeed At Distance Learning



### Use Visual Supports

- Rules. Write 3 rules about working from home (ex: follow your schedule, ask for help, finish your work)
- Schedule
- Token System
- Reminders of coping strategies (ask for help, take a break, take deep breaths, etc.)



### Set Up a Work Space

- Remove distractions in immediate work area
- Have all necessary materials available and ready
- Have visual reminders nearby on wall or desk/table
- Have a timer if needed



### Offer Support & Praise

- Support your student in getting started to set them up for success
- Praise them for following rules, trying their best, and even just for sitting & attending.
- Remind your child that they can ask for help when needed & praise their efforts when they choose appropriate coping strategies.