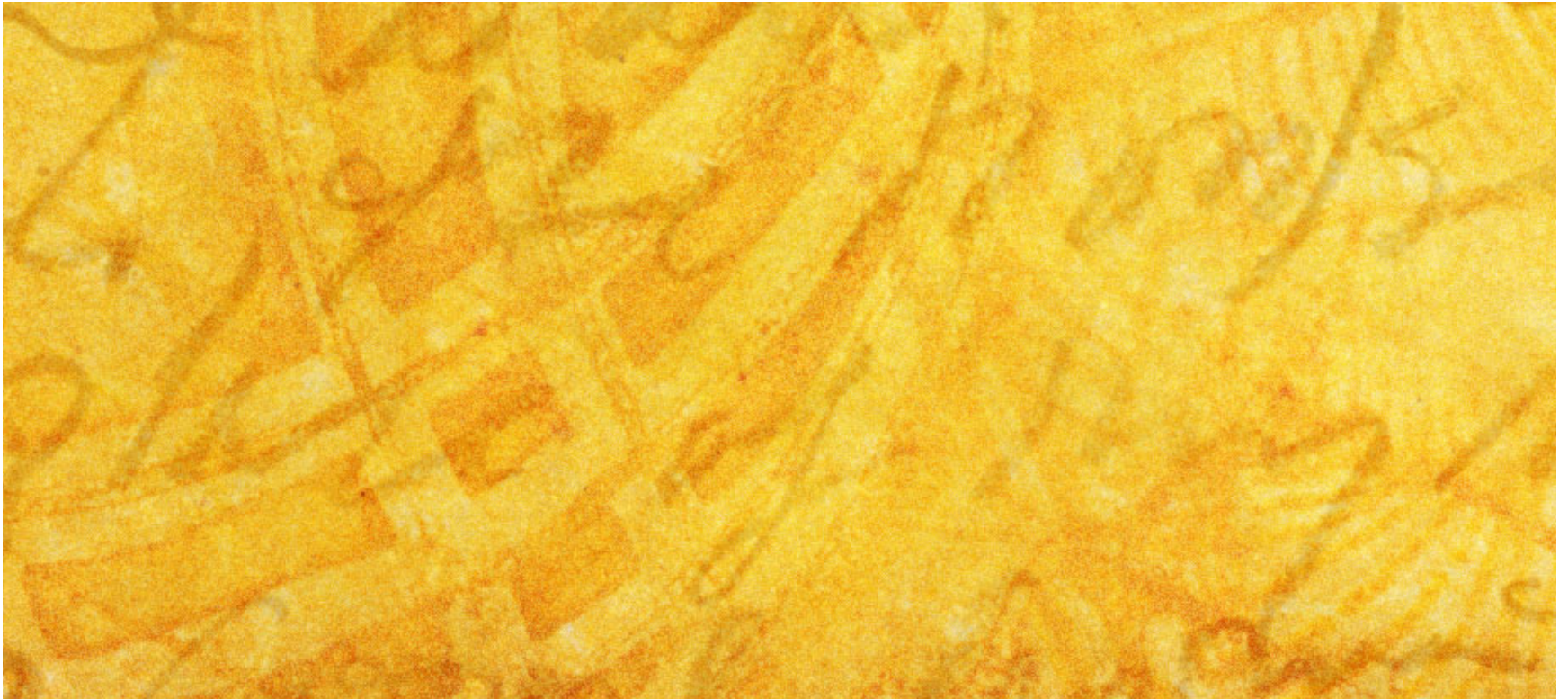




# Strategies to Use at Home

Kelly Zweig BCBA



# Use A Daily Schedule

- Children like to know expectation.
- Setting Rules and Routines will help with independence. Your child can look at the schedule and see what needs to be done.
- Each classroom has classroom rules establish **House Rules**. Have your child help write the House Rules. Kids are good at knowing the rules sometimes it's more difficult to follow.
- When setting up the daily schedule **Give Choices**. Have them help write out the schedule. They are more likely to buy in if they have a say.
- Do you want to do a Math worksheet or reading first? Choices can be materials. For Math use legos to help count. For free time reading pick a book online or their own books



# Daily Schedules

## DAILY SCHEDULE

BEFORE 8:00 AM	
8:00 AM - 9:00 AM	
9:00 AM - 11:00 AM	
11:00 AM - 12:00 PM	
12:00 PM - 1:00 PM	
1:00 PM - 2:00 PM	
2:00 PM - 3:00 PM	
3:00 PM - 5:00 PM	
5:00 PM - 6:00 PM	
6:00 PM - 6:30 PM	
6:30 PM - 8:00 PM	
8:00 PM - 8:30 PM	

## Daily Schedule

8:00-9:00	Morning Routine	Get up, Get Dressed, Eat Breakfast, Take a walk, Prepare for the day
9:00-10:00	Academic Time	No Electronics, worksheets, puzzles, study guides, reading
10:00-10:30	Academic Time	Use of Computer, Work on Long Term project
10:30-11:00	Snack time	
11:00-12:00	Creative Time	Cook, Bake, legos, crafting
12:00-12:30	Chores/Life Skills	Clean Up Creative time, Laundry, dressing, shoe tying
12:00-1:00	Eat Lunch	
1:00-2:00	Academic Time	Use Electronics, IXL, Approved School based learning
2:00-3:00	Outdoor Time/Indoor exercises	Take a walk, do yoga, Ride a bike Stay away from people!!!
3:00-3:30	Afternoon Snack	Learn to make a new snack. Tasty popcorn toppings
3:30-5:30	Chill Time	TV, Read, Play video games
5:30-6:00	Help prepare Dinner	Try new recipes
6:00-7:00	Dinner	
7:00-9:00	End of the Day Routine	Relax, Get ready for bed

# Use Now/Next Strategies

- Sit with your child and come up with a list of rewards. What your child likes and what they will work for. Write them on index cards.
- What motivates them. Rewards
- The Now is what you want them to do. The Next is what they can earn.
- Ex: Now is time to do a worksheet. Ask them what do you want to earn? Only show them what is currently available. Let's say it's right before dinner and a reward is M&M's. Don't show them the M&M's card.

# The Now/New Board

- Use a piece of paper or white board
- NOW- one math worksheet
- Next- earn 5 minutes on the computer.
- If it's a harder task give more highly reinforcing items.

# Use specific positive reinforcement

- Catch them being good.
- Give lots of verbal feedback.
- Be specific “I like the way you wrote your letters” I like how quickly and quietly you did your Math”



# Be Consistent

- No means No.
- It's difficult for all of us to be at home. We don't know how long and we don't have the answers.
- Think before you say "NO". Give your self a minute to decide. If you think you may give in to the request, you are better off saying "YES". If you say 'NO" and give in then No doesn't have any meaning.
- Follow your schedule- Try making a snack time. It will help to keep consistency and the food pantry is not always open. It also gives you and option for using food reinforcers.

# Problem solving and building independence

- Children need to be **encouraged to problem solve**
- **Assist** them to brainstorm by thinking aloud
- **Prompt** with alternative answers
- Don't provide the answers
- **Encourage** them it's OK to get it wrong and if they do get it wrong, ask them how they got to the answer. This will help to find out where the break down is.
- **Don't sit right next to them** unless necessary. When they get back to school they will not have a personal teacher.



# Transitions and Changes

- Prepare your child for transitions and any changes to the routine.
- If they are watching T.V. give transitional cues. 5 more minutes, 1 more minutes.
- Use timers- use the oven timer or have them set their own watch.
- For younger children a visual timer works really well. Ex:



# Strategies to get the work done.

- If your child like lots of attention.
- Make a Big Deal when they get their work done. Be their cheerleader.
- Make a binder of all the work they do in a day. Face time their favorite person and have them explain/show them their work.
- If you child has difficulty getting started. Assist by breaking down the task. Tell them what you want them to do first. Ex: Put your name on the paper, Let's do the first problem together.
- Acknowledge that it's difficult but they can do it. Give examples of when it was difficult for you but you worked through it.

# General Strategies

- Have an established area to do work. Keep distraction to a minimum. Turn off the T.V. when it's work time. Use calming music in the background
- Use their siblings as models. If a child is having a behavior then focus on their peers positive behavior. "John I like the way you started your work quickly." Don't focus on the negative behavior
- If you know something is difficult for your child, start with something easy first and build momentum.

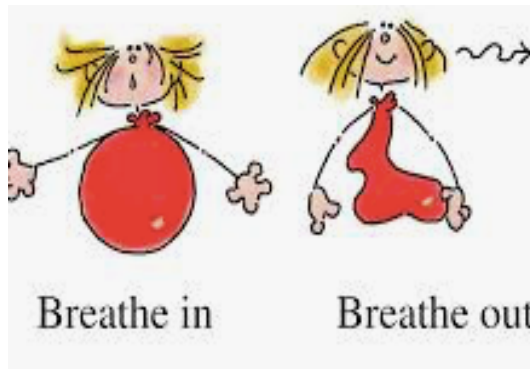


# Use a Coping Board

- Use A Coping Board- When your child is frustrated or upset.
- They can Go to the coping board with examples of what to do.
- First Stop Think- I can take a walk, go to my room, get a drink, do some exercise, or deep breathing.
- A coping board helps work on self-monitoring, problem solving and independent skills

■

# Coping Board



# Stay Safe Stay Healthy

- My email is [kzweig@littlesilverschools.org](mailto:kzweig@littlesilverschools.org)
- Please email any question I can always send additional resources