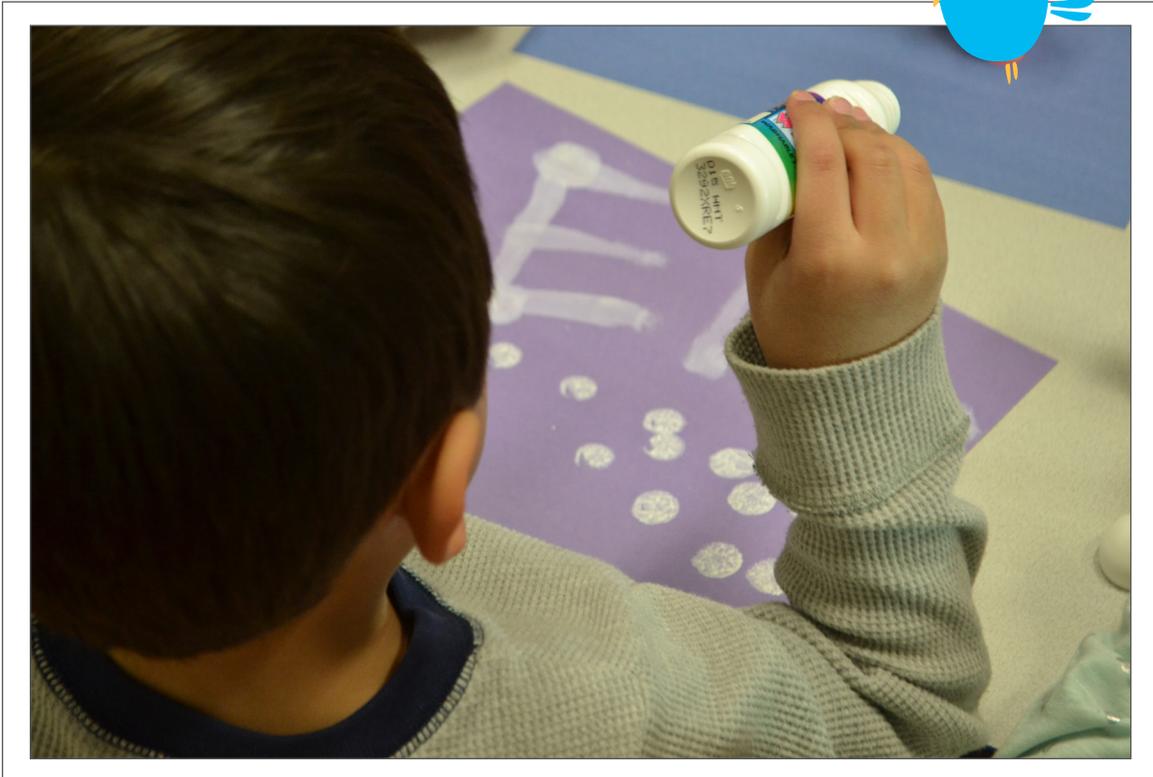


Setting up the Environment for Core Routines: Table Time



- Collaborate with your child's providers for activity ideas to include during table time. These might include tasks that target fine motor, cognition, literacy and/or academics.
- Provide a visual schedule to structure table time. This will help your child to know what is expected of them during this routine.
- Limit distractions, turn off the tv and pick a space that is quiet and to promote focus.
- Use a vertical surface such as an easel or a binder to promote appropriate grasp as well as facilitate visual attention.
- Be available to help your child complete tasks and/or to model how they are done. Your child may learn best from visual supports or seeing how it is done before trying themselves!
- Supportive seating is important. Bodies that are supported don't wiggle or get up as much. The child should be in a seat with foot support and the table height should be halfway between belly button and chest. This can be achieved by placing cushions under child, foot stool under table, even a cardboard box can work as a foot rest.