



# BLUE BIRD TIPS FOR LEARNING FROM HOME

## CREATE A LEARNING ENVIRONMENT

- Minimize visual distractions
- Reduce background noise during learning
- Provide adequate lighting and space
- Introduce gross motor activities, deep pressure, or sensory activities prior to and after sit-down activities



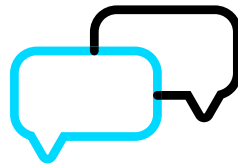
## CREATE A VISUAL SCHEDULE AND ROUTINE

- Create a picture schedule to reduce frustration
- Maintain a daily routine to ease your child's anxiety



## PROMOTE COMMUNICATION

- Follow your child's interests
- Place highly preferred toys/activities in visual sight and hard-to-reach locations to encourage intentional communication
- Offer preferred item after your child attempts to communicate
- Model language for your child



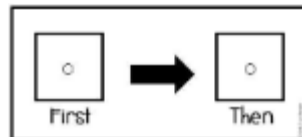
## SETUP FOR SUCCESS

- Set up a specific space for remote learning
- Ask your child's therapist about specific strategies to use to promote learning success
- Incorporate learning into play or child's interests



## SUPPORT BEHAVIOR

- Use strategies to prevent challenging behaviors
  - Ex: first/then board, visual timer, etc.)
- Provide language models when your child is exhibiting behaviors
  - Ex: "You look like you feel sad"
- Encourage breaks for physical activity and sensory regulation



## REMEMBER:

- You can ask any therapist at Blue Bird for help to support your child
- If you're feeling overwhelmed, take a slow, deep breath
- Take this one day at a time
- Don't underestimate yourself. You know your child better than anyone else.

