Tips, Tools and Strategies to Help Your Child in Distance Learning

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CLEARING A PATH
FOR PEOPLE WITH SPECIAL NEEDS
CLEAR THE PATH FOR EVERYONE!
Our Time Together

• Welcome and introductions
• Tip #1: School Routines in a Pandemic
• Tip #2: Setting Up a Schedule and Space
• Tip #3: Visual Supports
• Tip #4: Distance Learning Tips
• Tip #5: Online Resources
• Tip #6: Communication with the School and IEP Considerations
• Tip #7: School Contacts
Tip #1: School Routines in a Pandemic
School Routine

★ What does a school day look like right now?
★ Attendance and Participation
★ Synchronous and Asynchronous Instruction
Social Emotional Learning

5 CORE CASEL COMPETENCIES

SELF AWARENESS: Who am I?

SOCIAL AWARENESS: I and Thou

RELATIONSHIP SKILLS: Interpersonal Development

Self Awareness

Self Management

Responsible Decision Making

Social Awareness

Relationship Skills

SELF MANAGEMENT: I Can

RESPONSIBLE DECISION MAKING: How do I?
Start Small

❖ Establish a realistic schedule
❖ Decide on negotiables/non negotiables
❖ Build on success
❖ Individualize for your family and child
### Establishing boundaries

<table>
<thead>
<tr>
<th>Negotiable</th>
<th>Non-Negotiable</th>
</tr>
</thead>
<tbody>
<tr>
<td>What to wear</td>
<td>Having clothes on</td>
</tr>
<tr>
<td>Lexia or ST Math</td>
<td>School work</td>
</tr>
<tr>
<td>What chair to sit in</td>
<td>Being logged in by 9</td>
</tr>
</tbody>
</table>
2) Setting Up a Schedule and Space

**Examples of schedules**
- Schedules can look different depending on the need of the child
  - *Schedule* with pictures
  - *Schedule* with words
  - *Schedule* written on paper/white board
  - *Schedule* apps

**Work Space**
- Have items in a set spot (tote, bag, desk)
- Remove any distractions that can be (toys on the table)
- Visuals available if needed
3) Visual Supports

★ Why should we use visuals?
★ Different kind of visual supports
  ○ Supports for behavior
    ■ first/then
  ○ Supports for transitions
  ○ Supports for correct responses

Online visual timer

Time Timer® iPhone App

Product Details
Time Timer is here to help. This app is free during the COVID-19 crisis to help create structure for everyone during this time of uncertainty. Thank you and stay well.

Enjoy stress-free time management with the Time Timer® iPhone App—an award-winning visual timer!

Take advantage of the ability to customize, save and re-use timers with names, colors, alert options, timer scale options and more!

The App price is listed in US Dollars. If purchasing outside of the US, the price will be converted to and charged in the local currency.

FEATURED IN: Better Homes & Gardens and The Huffington Post.
4) Distance Learning Tips

- Have a set place for school supplies (tote, backpack, desk)
- Review schedules and expectations daily
- Communicate with your child’s teacher and support staff. Meet with team and discuss supports.

Distance Learning Pledge K-5
Distance Learning Pledge 6-12
Incentives

How do we motivate students

Review positive ways to increase participation and positive interactions
IEP Goals at home

● **Video** on how we embed IEP goals naturally throughout the day in school
● In the home this could be done in a variety of ways depending on goals
  ○ Shoe tying
  ○ Counting - counting the eggs for breakfast
  ○ Greeting - saying hello to family members
  ○ Sequencing events - first clothes, then shoes

You can insert graphs from [Google Sheets](https://www.google.com).
# Embed Learning in the everyday

## OT/APE
- ★ Use tweezers to pick up items
- ★ Jumping jacks
- ★ Running
- ★ Matching socks
- ★ Folding clothes
- ★ Washing dishes

## Reading
- ★ Read a book to your child
- ★ Have your child read to you
- ★ Cooking
- ★ Subtitles on shows
- ★ I spy something that starts with the letter B

## Social Skills
- ★ Greet my grandma by saying “hi, good morning”
- ★ When my child doesn’t want to talk about a subject or wants to talk about a subject
- ★ Taking turns when talking with siblings

## Safety
- ★ Washing hands between activities
- ★ Wearing a mask appropriately
- ★ Looking both ways when crossing the street
- ★ Eating only edible items

## Following Directions
- ★ Simon Says

## Comprehension
- ★ Retelling stories
- ★ First, then, last
IEP’s

Virtual Meetings
Participation
Emergency Provisions
Distance Learning
Signatures
5) Online Resources

Afirm Modules:
https://afirm.fpg.unc.edu/afirm-modules

Social Stories:
My Story about Pandemic and Corona Virus by Carol Gray
COVID - I can Help! By Carol Gray

https://docs.google.com/presentation/d/10RZS5BMh5Ai2Bdd7diHhv7NGcg_pngknuvSkvuSMUY/edit?usp=sharing

Articles:
https://www.commonsense.org/education/articles/parent-tips-and-tricks-for-distance-learning

PVUSD website
https://www.pvusd.net/

Special Services/SELPA website
https://www.pvusd.net/selpa

Distance Learning Website - PVUSD
https://sites.google.com/pvusd.net/spedresources
https://www.youtube.com/watch?v=IhpuH1C59H
## 7) Contacts

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Program Specialist Contact information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duncan Holbert Preschool</td>
<td>Nichole Salles-Cunha&lt;br&gt;<a href="mailto:nichole_salles-cunha@pvusd.net">nichole_salles-cunha@pvusd.net</a>&lt;br&gt;Principal</td>
</tr>
<tr>
<td>Elementary and Charter Schools</td>
<td>Natalia Britany&lt;br&gt;<a href="mailto:natalia_britany@pvusd.net">natalia_britany@pvusd.net</a></td>
</tr>
<tr>
<td>Specialized Programs (AUT, RISE, ALT ED)</td>
<td>Jon Leffler&lt;br&gt;<a href="mailto:jonathan_Leffler@pvusd.net">jonathan_Leffler@pvusd.net</a></td>
</tr>
<tr>
<td>Middle School and High School</td>
<td>Leah Sugarman Rodriguez&lt;br&gt;<a href="mailto:leah_sugarman@pvusd.net">leah_sugarman@pvusd.net</a></td>
</tr>
<tr>
<td>Lifeskills programs (K-22), DIS programs</td>
<td>Shannon McCord&lt;br&gt;<a href="mailto:shannon_mccord@pvusd.net">shannon_mccord@pvusd.net</a></td>
</tr>
<tr>
<td>Speech and Language only</td>
<td>Angela Butler&lt;br&gt;<a href="mailto:angela_butler@pvusd.net">angela_butler@pvusd.net</a></td>
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