

CD TIPS & TRICKS ABOUT: SCHOOL AT HOME

Visual Timer

Visual timers allow children to better understand the concept of time. It prepares them for transitions. It also sets the expectation for how long they have until they can receive a break, an award, or how long they have left to complete a task. Be sure to have sound on so your child can also hear when time is done. Purchase a visual timer from Amazon or download the Visual Timer app and set the Guided Access lock on the device.



School Specific Space

While a bedroom or the living room may be your only options, try to designate a small, quiet space for school activities. Your child can color or paint pictures to make their school space fun and more distinct! Be sure to separate the school space from any play spaces. Then, ask your child's teacher for any materials, posters, or objects that may help bring the school environment feeling to home.



Optimal Lighting & Air



Day time light exposure and fresh air helps improve our focus, attention, and mood! If your space doesn't have a window, be sure to get outside during breaks and you can also include indoor plants in your school space.

Visual Schedule

As humans, we perform best with a routine. Create a daily visual schedule with your child. Each day does not need to consist of the same activities. However, maintain a consistent wake-up time, bed time, and meal times. If a long, daily schedule is too much, create smaller schedules related to school-work! This may help improve transitions and create some predictability for your child. Use simple language and photos or hand drawings. Be sure to include that the schedule is subject to change!

Minimal Distractions

Unplug the unnecessary devices. Remove the extra toys. Ask other family members to be quiet. Set aside materials needed for another assignment or activity. Many children with sensory and regulation concerns have an increased difficulty with focus and attention. Remove any unnecessary visual or auditory stimuli to improve focus and attention.

School Materials

If your child needs to sharpen a pencil, find a ruler, or get some more paper, they may find more excuses to not get their school work done. Everyday materials can be kept nearby in your school space. Some items may include: golf-sized pencils, erasers, raised line paper, highlighters, ruler, weighted lap pad, fidget toy. Ask your occupational therapist for some other ideas or for the benefits of these different school materials!

Flexible Seating

Sitting in a standard chair while completing tasks all day can be daunting. Mix it up! Flexible seating improves core strength, attention, focus, and energy level. Your child can complete tasks sitting, standing, or laying on his/her belly. There are wobble cushions, soft seats, wobble chairs, bean bags, stability or exercise balls, and floor seats available for purchase on Amazon. More cost effective approaches include blankets, pillows, couch cushions, and blanket forts. With so many options, let your child choose a few to trial until he/she finds their favorites!

