Following are some tips to support your child with their learning activities in the home environment.

Create a quiet, clutter-free space for your child to work.

* Limit distractions (e.g. screens, pets, etc…)
* Let your child choose between one or two workspaces (e.g. their own desk or the kitchen table)
* Choose a space that lets your child stand or move when completing work if they need to
* Help your child prepare and organize all necessary items (e.g. pencils, pens, paper, books…)

Create a daily work schedule and stick to it.

* Build in break times
* Create a calendar with due dates
* Display calendars, checklists, rubrics, etc… so your child can refer to it while working.
* Consider using visual checklists or schedules for younger children
* Give your child the work for one day rather than the whole packet at once.
* Break up the day’s work by giving your child one page or assignment at a time.
* Use a timer to help your child manage their time (click here for tips)
* Use any checklists or rubrics included with your child’s packet.

Include breaks like:

* 5-10-minute movement breaks (e.g. walking around the room, jumping jacks, push-ups, dance breaks…)
* Snack breaks
* Create a list of break time activities and let your child pick from the list.

Ways to support your child’s learning at home:

* Encourage your child to ask for help when needed
* Give your child a choice in which questions or assignments to complete first
* Have your child repeat the directions to you
* Have your child summarize what they just read aloud
* Help your child break down longer assignments or tasks into smaller steps
* Praise and reinforce positive behaviors
* Provide encouragement/reduced workload when there are signs of stress build up
* Read texts/assignments aloud with your child
* Review important vocabulary words with your child before they complete an assignment
* Simplify instructions

See the attached list from Azot4kids for more ideas that you can use at home to help establish a successful work-at-home routine!

Easy guidelines for establishing a successful work at home routine

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| **If you want to:** | **Consider these activity tips:** |
| Help children get up on time. | Identify a wake-up time and be consistent.  As much as possible allow the child some independence in waking (managing own alarm clock). |
| Promote positive mood and behavior. | Even if parents are not morning people, a positive morning attitude can help make children happier during the morning routine. Greetings of “good morning” and “have a wonderful day” help set the tone and prepare a child to participate in structured activities.  Affection is also an important way to start the day, so begin with some cuddle time or a hug. This can be a quick way to start the morning routine with care.  Consider how your child’s sensory experiences may impact mood or behavior. During breakfast, is the kitchen crowded with people or objects? Are new foods being prepared, accompanied by new smells? Watch your child for signs of enjoyment or distress.  Consider 10-15 minutes physical activity prior to beginning work at home for the day. |
| Establish organized and timely routines. | Plan ahead. Things like choosing clothes, determining breakfast, and setting up work to be completed the following day should be done the night before.  Establish a work area that is used for all school activities at home.   * Remove unnecessary clutter * make the space comfortable for sitting * remove unnecessary distractions * Have all necessary items ready and organized (have the child assist with this). Items such as: pencils, scissors, calculators, paper.   Include children in decisions regarding start times, stop times, and break times for their school work. |
| Prepare children for morning time demands. | Talk to your children the night before about what will happen each morning. Ask them to name the steps of the morning routine or the list of things that need to be done.  Reviewing the morning routine helps to reinforce it. In the morning as they complete a task, ask them what is next. |
| Keep on task. | For younger children, creating a visual checklist can help a child participate in the routine. Spend a weekend afternoon creating the checklist with your child so he or she gets excited about using it. For younger children, ask for suggestions on what to include and ask him or her to draw pictures for each step.  For older children, create a checklist of things to accomplish for the day.  Allow children to change position for tasks. Stand to read, sit on floor with a pillow etc. |
| Promote participation and independence. | Allow children to manage a timer for the established stop, start and break times.  Allow children to establish a list of choices for break time activities and allow them to pick from the list.  Older children can use timer apps such as ones that incorporate the Pomodoro Technique |
| Promote attention through sensory systems | Allowing mints or gum during work time can increase attention to task.  Classical music can increase focus.  Fidget toys or chairs that allow for movement can incorporate movement into the work day.  Ensuring that breaktimes have some movement incorporated can assist with overall attention to task. Things like: marching up/down stairs, jumping, quick brisk walk down the block are all examples. If at all possible, make sure one break includes outside time. |
| Make routines fun. | If routines are fun, children will be more engaged. Play upbeat music while children are getting dressed or eating breakfast. If they get ready for school early, allow them to play with a special toy. Reward them for a job well done. |