

***IEP for Home:* HELP YOUR CHILD LEARN THESE SKILLS FOR SUCCESS AT SCHOOL**

It does not matter how old your child is, and it also does not matter if your child has a disability or not. All children need to learn the 7 skills discussed in the IEP for Home. **The IEP for Home available online! Visit: www.iepforhome.org.**

Positive Relationships

Believe it or not, having fun with your family is something that children have to learn. Make sure that you take time to have fun and develop a positive relationship with your child.

Sleeping

Children are not born with the ability to sleep effectively or successfully. They have to learn to sleep well.

Eating

All children can learn to eat healthy foods, they just need to be taught and to practice. First set up your child's schedule for eating. Then, start teaching your child to try out new and healthy foods.

Movement

Children need to move. Some of them need to move about A LOT! Every day should include movement breaks, regularly scheduled cardiovascular activities, and/or recreational activities that require movement.

Schedules

Children do not follow a schedule unless they are taught how to do so. They also won't follow a schedule if you haven't set one up for them! Schedules help teach your child learn good sleeping and eating habits. They also help your child wait for their turn, accept it when you have to say "no," and all sorts of other skills.

Rules

Here's an interesting fact: Children LOVE rules once they get used to them. Rules help them predict how their day will go. Rules help them know when they can do all the fun things they want to do. Tip: Make sure you have a schedule of routines and privileges before you start teaching your child about rules.

Making Friends

Making friends is natural for some children, but not always. All children need some teaching in this area. Some children need extra instruction, or more time.

Homework

Don't worry about your child's homework until your child has reached most of the goals listed above. Be sure to speak with your child's teacher about homework if the homework is not getting done.