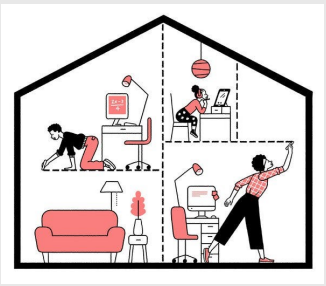
Special Education Parent Newsletter



School From Home Tips

Tip #1: Carve Out Distinct Work and School Spaces

- Structure your environment so that it is easy to transition from meal time, activities, school, playtime, etc.
- Putting on different clothes for the day can help signal to your brain what mode you're supposed to be in.
- If you can, put school places near natural light sources. They can help make the room feel larger than it actually is.



Ancillary Staff Resources:

Speech & Language Pathologists:
www.SpeechandLanguageathome.com
Google Folder Resources
Physical Therapists: Resources
Occupational Therapists: Resources
School Psychologists: Resources
Emotional Impairment Consultants: Resources
Autism Spectrum Disorder Consultants: Resources
Deaf and Hard of Hearing Consultants: Resources

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Tip #2: Stick to a Schedule

- Each Sunday, take a look at the obligations for the week and make a schedule that works for the whole family.
- It can help to make the schedule visible to everyone (example: write it down on a white board or hanging calendar).
- Set aside time for breaks and schedule them. Research shows they contribute to improved moods and better productivity.
- At the end of the day, put away all materials (including devices). Putting things out of sight tells your brain what mode to be in.



Letter From Santa

LINK



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