Parent Tips for Distance Learning for Students with Disabilities

- **Have clear rules/expectations of what you want your child to do**

  Be clear with the schedule, breaks, and down time. Have schedules written down so that your child sees it and knows what's expected. Work with your child to create a checklist of the work they need to complete and a timeline.

- **Reduce potential distractions**

  Have them work in a quiet area in the house with the least possible distractions. If that is difficult, try giving your child headphones with instrumental music to drown out any background noise.

- **Give praise**

  This is all new for them, so praise them when you can to let them know they are doing well. Focus on the things they are doing well more than what's not working. Yes at times they may need correction, just make sure to focus on what they are doing right more often. This will encourage them to overcome the challenges they are facing.

- **Prepare for transitions**

  Some children do not do well with transitions, so give them a heads up before moving on to the next thing. For example, "Five minutes before you do your math."

- **Allow for movement**

  Allow your child to move around or fidget. Sometimes a little movement helps them to focus

- **Give on-task focusing prompts**

  If you see your child getting distracted, tap on the table to remind them to get on task. A little movement like that can help get them back on track quickly.

- **Check for understanding**

  If your child is stuck, check to see if they understand the directions. Reword the directions and see if that helps. Break multiple step directions down to one step at a time.

- **Ask for help**

  If your child understands the directions but still needs help, if possible have them reach out to a peer to see if they can gain clarity. Have them reach out to their

teacher for clarification. Teachers will be checking their email three times a day. If they have been assigned a Learning Specialist, reach out to your Learning Specialist for support.