



- Tips for Remote Learning -

Parents of special education students are looking for ways to support their children at home. Follow below for tips for remote learning.

Create a routine. During this uncertain time, the most important thing parents or caregivers can do to help a child with special needs is to establish an at-home schedule. A schedule will provide routine and a sense of normalcy to a child's life during a very abnormal time, and help them know what to expect.

Stay positive. This period of time increases stress for everyone in the household. Try your best to be aware of how you're interacting with your kids. Stay upbeat and encouraging.

Praise often. Change is hard for everyone; acknowledge that every day. When you see your children engaging in a behavior you want continued, encourage them in positive ways, and the behavior is likely to be repeated.

Give breaks. A schedule is essential, but so are breaks. Make sure to schedule "recess" and time away from work/computer during the day.

Use nonverbal reminders or prompts. Visuals are great for reminding children of expectations without having to tell them what to do. Incorporate as many nonverbal cues as possible.

Provide incentives. Help motivate students to complete work and follow the schedule by offering an incentive for completion. Try to refrain from referring to it as a reward.

Choose your battles. If getting dressed is going to be the beginning of a downward spiral, let your children spend the day in their pajamas. This time of uncertainty requires flexibility. Focus on the schedule and pick what issues are most critical to make a stand.

Welcome the help of siblings. A brother or sister can help with communication and technology support, so don't discourage their participation.

Incorporate physical movement. Physical movement is essential for our brains and our bodies. Ensure children (and caregivers) are moving by taking walks and being outside when possible.

Reach out for help. Do not hesitate to contact your child's teacher whenever you are feeling overwhelmed.

If you are in need of additional help or resources, please contact us at childrenservicesinfo@mcbdd.org.