**Brief Family Support Checklist**

How to use this resource: If your child is struggling with online learning, here are some problem-solving strategies. If after trying some of the items on this list, you are still struggling, reach out to your child’s school team for additional support.

**Part 1: Workspace Set Up Strategies**

* Have a space clear of clutter for your child to work.
* Ensure TV, radio, and other distractions are turned off during school time, or use headphones to minimize noise.
* If multiple children are working in the same space, encourage the use of headphones.
* Give multiple seating options including kneeling at a low table, laying on their stomach, sitting at a table with their feet flat on the floor, sitting on a yoga ball at a low table, or sitting cross legged on a firm pillow.
* Have a schedule or task list posted on a white board or written out on paper. For younger children, use pictures to illustrate their schedule or task list. This could a list of assignments, for example.

**Part 2: Prompting Strategies**

***Prompt definition****: Adding something to the environment like a verbal statement, physical guidance, different colored text, etc. that helps the individual respond correctly.*

* Consider what is currently needed in the home for your student to respond to or participate in virtual learning (written reminders, pointing to the screen, repeating the teacher’s direction).
* Avoid using one prompt for too long- this can lead to dependency on that prompt.
* Think about what natural cues could be used to support learning instead of adult prompts, like a watch or phone with a timer as a reminder to log in to class, a visual checklist of steps, etc.
* For work that is intended to be completed by the student independently, try giving encouragement (“just do your best”) instead of answers.
* Know that mistakes are a natural part of the learning process.

**Part 3: Preventive Strategies**

* Make time to clearly review expectations for work time prior to the start of school (this might include staying in their Teams meeting and avoiding sites like Youtube, completing their classwork, and keeping their camera on if comfortable).
* Make time to clearly review strategies to get help when needed (this might include asking a parent for help, calling a friend on teams, or reaching out to a teacher on teams).
* If possible, have a consistent school routine on weekdays.
* Plan breaks in your child’s schedule. Include things like lunch and snack time – things to look forward to!
* Make time for 15-20 minutes of uninterrupted positive interaction with your child. Do something they enjoy like playing sports outside, playing a videogame together, doing a puzzle, or playing with their favorite toy.

**Part 4: Reward Strategies**

* Identify high interest activities or items in the home that could be used as potential rewards. Examples include but are not limited to: high fives, verbal praise, time with a parent or sibling, a favorite song, a favorite snack, time with a favorite toy or game.
* Consider offering potential rewards after behaviors that are important to increase! For example, completing a difficult assignment or remaining on their Teams page for the duration of a class or check in.
* Keep these goals and rewards until you see consistent improvement.
* Deliver the reward immediately after the behavior is observed.
* Give your student a choice of what activity or item they are working for.
* When giving verbal praise, make it specific. For example, instead of saying “good job”, saying “good job raising your hand”.