

# *Tips, Tools and Strategies to Help Your Child in Distance Learning*

October 17, 2020

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INSPIRED BY A PUBLIC SCHOOL STUDENT WITH DISABILITIES



COULD YOU PLEASE SHOVEL THE RAMP?

ALL THESE OTHER KIDS ARE WAITING TO USE THE STAIRS. WHEN I GET THROUGH SHOVELING THEM OFF, THEN I WILL CLEAR THE RAMP FOR YOU.

BUT IF YOU SHOVEL THE RAMP, WE CAN ALL GET IN!

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**CLEARING A PATH FOR PEOPLE WITH SPECIAL NEEDS  
CLEARS THE PATH FOR EVERYONE!**



# Our Time Together

- Welcome and introductions
- Tip #1: School Routines in a Pandemic
- Tip #2: Setting Up a Schedule and Space
- Tip #3: Visual Supports
- Tip #4: Distance Learning Tips
- Tip #5: Online Resources
- Tip #6: Communication with the School and IEP Considerations
- Tip #7: School Contacts

# 1. Tip #1: School Routines in a Pandemic



# School Routine

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- ★ What does a school day look like right now?
- ★ Attendance and Participation
- ★ Synchronous and Asynchronous Instruction



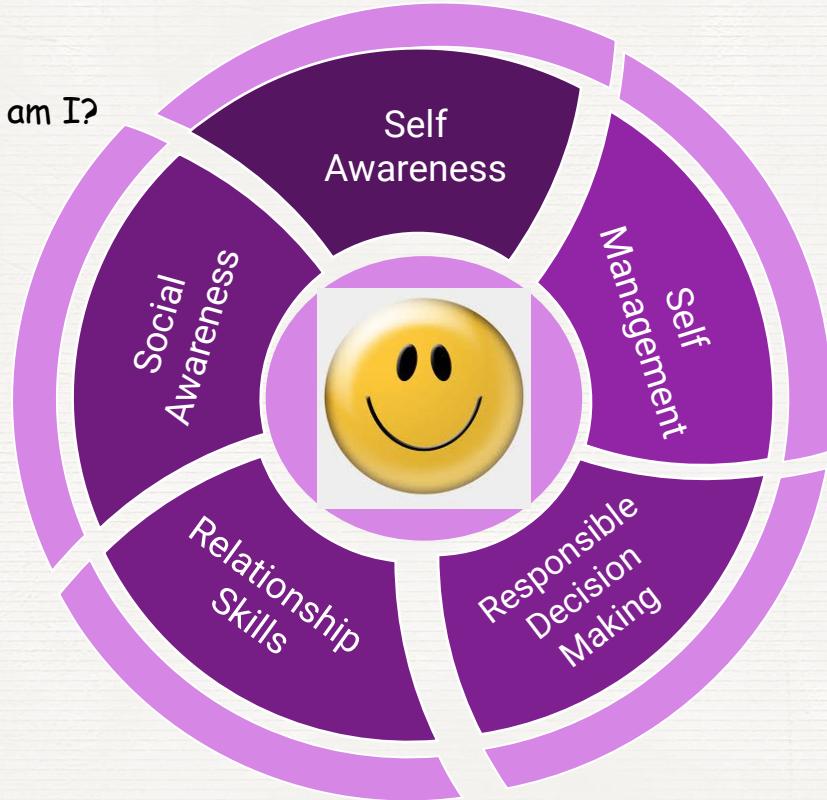
# Social Emotional Learning



SELF  
AWARENESS: Who am I?

SOCIAL  
AWARENESS: I and  
Thou

RELATIONSHIP  
SKILLS: Interpersonal  
Development



SELF  
MANAGEMENT: I  
Can

RESPONSIBLE  
DECISION  
MAKING: How do  
I?



# Start Small

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- ❖ Establish a realistic schedule
- ❖ Decide on negotiables/non negotiables
- ❖ Build on success
- ❖ Individualize for your family and child



# Establishing boundaries

Negotiable	Non-Negotiable
What to wear	Having clothes on
Lexia or ST Math	School work
What chair to sit in	Being logged in by 9





## 2) Setting Up a Schedule and Space

### Examples of schedules

- ★ Schedules can look different depending on the need of the child
- ★ [Schedule](#) with pictures
- ★ [Schedule](#) with words
- ★ [Schedule](#) written on paper/white board
- ★ [Schedule](#) apps

### Work Space


- ★ Have items in a set spot (tote, bag, desk)
- ★ Remove any distractions that can be (toys on the table)
- ★ Visuals available if needed



# 3) Visual Supports

- ★ Why should we use visuals?
- ★ Different kind of visual supports
  - Supports for behavior
    - first/then
  - Supports for transitions
  - Supports for correct responses

## Online visual timer



**Time Timer® iPhone App**

Download on the App Store

**Product Details**

**Time Timer is here to help. This app is free during the COVID-19 crisis to help create structure for everyone during this time of uncertainty. Thank you and stay well.**

Enjoy stress-free time management with the Time Timer® iPhone App—an award-winning visual timer!

Take advantage of the ability to customize, save and re-use timers with names, colors, alert options, timer scale options and more!

The App price is listed in US Dollars. If purchasing outside of the US, the price will be converted to and charged in the local currency.

**FEATURED IN:** Better Homes & Gardens and The Huffington Post.

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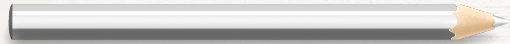
## 4) Distance Learning Tips



Have a set place for school supplies (tote, backpack, desk)



Review schedules and expectations daily



Communicate with your child's teacher and support staff. Meet with team and discuss supports.

[Distance Learning Pledge K-5](#)  
[Distance Learning Pledge 6-12](#)



# Incentives



How do we motivate students

Review [positive](#) ways to increase participation and positive interactions

# IEP Goals at home

- [Video](#) on how we embed IEP goals naturally throughout the day in school
- In the home this could be done in a variety of ways depending on goals
  - Shoe tying
  - Counting - counting the eggs for breakfast
  - Greeting - saying hello to family members
  - Sequencing events - first clothes, then shoes

You can insert graphs from [Google Sheets](#)



# Embed Learning in the everyday

## OT/APE

- ★ Use tweezers to pick up items
- ★ Jumping jacks
- ★ running
- ★ Matching socks
- ★ Folding clothes
- ★ Washing dishes

## Reading

- ★ Read a book to your child
- ★ Have your child read to you
- ★ Cooking
- ★ Subtitles on shows
- ★ I spy something that starts with the letter B

## Social Skills

- ★ Greet my grandma by saying "hi, good morning"
- ★ When my child doesn't want to talk about a subject or wants to talk about a subject
- ★ Taking turns when talking with siblings

## Safety

- ★ Washing hands between activities
- ★ Wearing a mask appropriately
- ★ Looking both ways when crossing the street
- ★ Eating only edible items

## Following Directions

- ★ Simon Says

## Comprehension

- ★ Retelling stories
- ★ First, then, last



IEP's

Virtual Meetings  
Participation  
Emergency Provisions  
Distance Learning  
Signatures





# 5) Online Resources

Afirm Modules:

<https://afirm.fpq.unc.edu/afirm-modules>

Social Stories:

[My Story about Pandemic and Corona Virus by Carol Gray](#)

[COVID - I can Help! By Carol Gray](#)

[https://docs.google.com/presentation/d/10RZS5BMh5Aj2Bdd7diHhv7NGcq\\_pnqknuvSkvuISMUY/edit?usp=sharing](https://docs.google.com/presentation/d/10RZS5BMh5Aj2Bdd7diHhv7NGcq_pnqknuvSkvuISMUY/edit?usp=sharing)

Articles:

<https://www.common-sense.org/education/articles/parent-tips-and-tricks-for-distance-learning>

PVUSD website

<https://www.pvUSD.net/>

Special Services/SELPA website

<https://www.pvUSD.net/selpa>

Distance Learning Website - PVUSD

<https://sites.google.com/pvUSD.net/spedresources>  
<https://www.youtube.com/watch?v=IhpuH1C59H>





## 7) Contacts

Program Type	Program Specialist Contact information
Duncan Holbert Preschool	Nichole Salles-Cunha nichole_salles-cunha@pvusd.net Principal
Elementary and Charter Schools	Natalia Britany <a href="mailto:natalia_britany@pvusd.net">natalia_britany@pvusd.net</a>
Specialized Programs (AUT, RISE, ALT ED)	Jon Leffler jonathan_Leffler@pvusd.net
Middle School and High School	Leah Sugarman Rodriguez leah_sugarman@pvusd.net
Lifeskills programs (K-22), DIS programs	Shannon McCord shannon_mccord@pvusd.net
Speech and Language only	Angela Butler angela_butler@pvusd.net

