



STRATEGIES FOR AT HOME LEARNING

Eric Frantino, BCBA & Danielle Ederer, BCBA



DESIGNATED WORK LOCATIONS

- Find a location in the home that can be associated with with specifically work:
 - Desk in bedroom
 - Section of dining room table
 - Quiet space in basement
- Keep educational materials in this area- only engage in work activities in this area (eating, checking phone should be done in separate area)
- Consider having separate devices for work and play ex: chrome book for work, ipad for play



MAKING A DAILY SCHEDULE

- At the beginning of each week and/or day, look at the required tasks for each course
- Break up the work into reasonable (depending on your child's ability to attend) intervals for work to be completed
- Schedule for reinforcing activities between academic work (highly preferred for an un-preferred topic)
- We highly suggest making the home schedule as similar to your child's school schedule as possible, even including recess time



INCLUDING BREAKS

- Make sure to schedule breaks– pick a time of the day that would be most beneficial to you and your child to complete work (morning, afternoon, evening)
- A break could be scheduled for every 10 minutes, or it could be scheduled in between the completion of one assignment to the next
- Breaks can include access to reinforcement or can be accessed to appropriately escape the task for a pre-determined amount of time



LIMIT ACCESS TO REINFORCEMENT DURING WORK TIME

- The work area your child is working in should not have distractions (TV, computer, preferred items, food)
- When these preferred items are in the work environment and freely available to the student, it decreases that items value as a reinforcer for completing work



REINFORCEMENT FOR WORK COMPLETION

- After limiting access to these preferred distractions- access can be granted to these items based upon a predetermined amount of work completed
- It may be possible to set up a behavior contract for work completion
- Control the reinforcers- consider having a locked place so they can be locked away
- Example: complete 3 math problems then have a 5 minute break on tiktok



WAYS TO PROMOTE ENGAGEMENT

- During live lessons, stop your child and ask questions related to the lesson, to check for understanding
- Have a peer, TA, or adult check in and check for understanding



GENERAL TIPS

- Programing a bell schedule for the change of subjects/classes (can be used with alarm app on phone)
- Consider having multiple children work in separate work areas
- Encourage use of headphones, to reduce background noise
- Consider using a signal that it is work time (a sign that you can flip that its work time)
- Set up meals-- day before & in the morning. This way it is one less thing you have to put together for the day

APPS TO ASSIST ONLINE LEARNING

- Resource for making social stories: www.makebeliefscomix.com
- Social story app – *Pictello*
- Visual timer app – *VisTimerFree*
- Schedule following app – *First/Then Visual Schedule*
- ***Visual Schedule App*** – *ChoiceWerks*



Q & A