



Distanced Learning Success Strategies

PARENT SUPPORT GUIDE

WHILE ALL PARENTS ARE TRYING TO NAVIGATE DISTANCED LEARNING, WE KNOW THAT PARENTS OF CHILDREN WITH AUTISM FACE A UNIQUE SET OF CHALLENGES.

We know that there's not enough information available to parents of children with autism to prepare them for a successful school year. So, we decided to hold a giveaway that would combine the expert advice from our clinicians, in addition to advice from parents across the state of Virginia that have first-hand experience finding solutions that work for their child.

We've put together this success packet so that every autism parent is equipped with information and advice to help make this year a success.

What's in the Bag?

One lucky winner received this bag full of goodies that help with distanced learning. Here's what it included so you can recreate it at home:



A. FOR ENGAGEMENT: MINI MAGNETIC WHITEBOARD EASEL

A great way to keep your child engaged with the activity is to give them a tool to write down questions and answers that they can share.

B. FOR STORING IT ALL: OUT-OF-THIS-WORLD BACKPACK

Right now, it's a great place to store all your goodies.

C. FOR ESTABLISHING ROUTINES: SCHKIDULES VISUAL SCHEDULES

Visual schedules help your child learn what to expect from the day. They can also help get through an unwanted task by showing them that completion leads to a new activity.

D. FOR TRANSITIONING: VISUAL TIMER

A visual timer helps your child have a better understanding of time by seeing exactly how much time is left. It also helps with transitioning to a new activity, as they can see how much time is left.

E. FOR WRITING: ABILIGRIP HAND GRIPS

These hand grips designed for those with motor difficulties make holding pencils, pens, markers, and even utensils much easier.

F. FOR FOCUS: BOSE NOISE CANCELLING HEADPHONES

Noise-canceling headphones help reduce sensory overload so your child can stay focused on the task at hand.

Expert Advice

Our BCBA's have crafted tips for how to get your child with autism engaged in remote learning.

DRESS FOR SUCCESS

The night before, have your child choose their outfit for the day. Give them the autonomy to dress however they want and wear whatever they think looks awesome on them. If they want to wear a costume and dress like Cinderella for the day, why not? How about wearing a crown for today's lesson? Absolutely! This can start getting them excited about the activities the next day. If they're joining in on a zoom call with their teacher and fellow classmates, it can give them all something to talk about before they start class.

CREATE A SCHEDULE

Children want to know what's going to happen next. If the lesson they are working on doesn't interest them as much, having a daily schedule nearby will let them know that there might be something to look forward to after they finish their given task quickly. Their schedule can be a checklist that includes all the assignments and projects that need to be completed by the end of the day, or it can be a timed schedule that shows how many minutes will be dedicated to each assignment.

KEEP THEM ACTIVE

Start your lesson by doing a little stretch with your child. They're going to be sitting down for long periods at a time, and they most certainly will start to get antsy and have the energy to burn. Prep them for success at the beginning of the day. A simple stretch like raising their hands in the air, wiggling their bodies, and reaching down to touch their toes can help release that energy out. End each stretching exercise with a little breathing activity, having your child take deep breaths in and deep breaths out five times. Try repeating this throughout the day, in between lessons or after finishing a long assignment.

TAKE BREAKS

Our bodies were not meant to sit down for long periods of time. If your child has a difficult time sitting down, break the time into manageable amounts and allow for movement and breathing breaks in between. Make sure they know when snack and lunchtimes happen - and how they can appropriately request a break if they feel they need it sooner.

PRAISE, PRAISE, PRAISE

Once it's time to start the lesson, try not to get caught up in teaching and finishing all the tasks. Remember to stop and praise your child for doing a great job, even for the little things. Children love to be recognized for their hard work!

TALK ABOUT IT

Try engaging your child in conversation about what they can expect for the next day and how their lesson will be conducted. The conversation can be brief, but allows some preparation to occur - we call this priming! When tomorrow comes, this priming sets the stage for a little more calm and understanding when expectations are set.

LET THEM TEACH

Time for a little recap! Give them the reins and allow them to reiterate what they learned today. This will help them retain the information they were shown, but also allow them to build their leadership skills and build the confidence to conduct their own lesson. If they're not up for the task, try having them record themselves on a video camera and reiterating what they learned to an invisible audience. This will also allow them to be comfortable talking into a camera when they are in a virtual classroom.

Our Favorite Parent Tips

Parents from across the state shared tips on what has worked best for their child. Here's a few that stood out:

Get Comfy

For virtual learning, let the kiddo be where they are comfy learning. Under a blanket, inside a pillow fort, upside down on the couch - whatever! They don't have to sit at a desk all day.

Thanks Amanda!

Personalize and Support

Create a personalized, fun learning space. Stay calm and stay by their side to help them until they can do this on their own. Give breaks when they need it.

Thanks Maryann!

Routine, Routine, Routine

Keep your child in a "going to school" mentality, even if it is from home. Keep any study space free of toys and distractions as much as possible, and maintain a consistent schedule.

Thanks James!

Be Your Kid's Aid

I have to be my son's aid since we are virtual right now. I sit with him, get him something to drink, and when he gets overwhelmed, I hold his hand. Physical contact seems to help him calm down, and nobody notices on the monitor.

Thanks Michele!

Make it Fun

I look at the assignment first. I go to vocabulary words (for example) I go to Google or YouTube and search for a video or song relating to the vocabulary word. Then I say "Ok! The word of the day is ____ Let's watch a video."

She also likes it when I make jokes about the word. For example: Banana. I will say "My gosh look at all those N's. Nanananana. How many was it again? Did I use too many? Ok you tell me how to spell it. That's a crazy word. Let's get this word done so we can get the assignment done."

Thanks Sharon!

Is Your Child Sleeping Well?

Ensure that your kiddos are getting enough rest. Both my kids, not just my autistic one, become different kids when they don't get enough sleep.

Thanks Monique!

Parent Support University

We have crafted a series of informative videos to help parents understand the fundamentals of ABA therapy so that you can better implement strategies at home. Our entire video library can be [found on our website](#), but we've highlighted a few that may be relevant to distance learning below.



HOW TO PLAN YOUR DAY WITH YOUR KIDS AT HOME

[CLICK HERE TO WATCH](#)



BENEFITS OF EXERCISE AND TIPS FOR YOUR CHILD

[CLICK HERE TO WATCH](#)



PICTURE EXCHANGE COMMUNICATION SYSTEM

[CLICK HERE TO WATCH](#)

Who Are We?

AnswersNow is revolutionizing ABA therapy by connecting children directly to a clinician through our online telehealth portal. Our remote nature means we can provide service to children from across the state of Virginia without a waitlist or a need for travel.

We believe every child deserves access to the best care available in their state, regardless of where they live. Every child on our platform receives therapy services from a board-certified clinician with over 1,000+ hours of training.

As of October of 2020, we accept Anthem and Magellan Medicaid Insurance plans in Virginia. We are rapidly expanding our insurance options, so please contact us to check your eligibility or schedule a free consultation.

| |  | In-home ABA Service |
|--|---|---|
| Exclusive treatment from a BCBA that has a master's degree and 1,000+ hours of training. |  |  |
| Works outside of normal business hours to fit your schedule. |  |  |
| Has expertise in providing remote ABA therapy to rural areas. |  |  |
| Accepts insurance. |  |  |



Questions? We've Got Answers.

GET IN TOUCH

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