

HOME SCHEDULE FOR YOU AND YOUR KIDS WITH SPECIAL NEEDS



Below is a basic AM/PM schedule you could work through with your child at home.



MORNING



WARM UP + ONE BIG SKILL

- Eat breakfast, get dressed, brush teeth.
GOAL: Establish morning routine.
- Find a comfy spot for you and your child to visit. Engage in a basic "warm-up" activity (This can be anything child-directed--whatever your child is currently interested in.) Limit this warm-up time to no more than 30 (ish) minutes.
GOAL: Build some connectivity, relationship, and engagement.
- Pick a skill/activity that is most important to your child at this time (e.g., reading, math, speech/language, etc.) Kids all do their best attending (focusing) in the late morning (9am -11am). Start teaching this skill/activity gradually. On Monday, perhaps you only spend 15-minutes on it, but on Tuesday, spend 20, Wednesday 30, and so on...
GOAL: Get the most bang for your buck before your child gets tired, hungry, or grumpy.
- Provide a structured snack/drink/break.
GOAL: Take 3-5 minutes to get a snack/drink/and allow a moment for yourself and your child to take a breath.
- Re-visit the skill/activity you attempted earlier. Re-visit areas where your child may need more practice or re-teaching.
GOAL: All good teaching is gonna require revisiting concepts and repetition. It's good (it's also kind of a routine).



PLAY

- That's right, follow your child around and see what they want to do. Once they find what they want to do, engage in it with them. Give yourself (and your child) a good 15-20 minutes of playing together.
GOAL: When our kids are in school, our parent roles become more like, eat-sleep-relax-go-to-school. There's actually not a lot of time for us to build on our relationships. So, take this time together to build on your relationships. Your kids will start listening and following your directions when there's a solid connection.



AFTERNOON



FOCUS ON BEING ACTIVE

- Eat lunch, brush teeth.
GOAL: Establish afternoon routine
- Pick a skill/activity that comes pretty easily to your child. The afternoon is a perfect time for simpler tasks that require less engagement and more repetition. (Think basic math facts, basic reading passages, basic communication strategies, etc.) Only spend about 20 minutes with this activity, followed, by a really brief break (2 or 3 minutes), and then another 20 minutes.
GOAL: Establish a built-in time to practice a solid skill



GET THAT HEART RATE UP!

- It is critical for your health and the health of your child to put in some good ol' activity/exercise in the daily routine. It's a good idea to follow your child's lead on this. If they like the part, try jogging there. If they like to jump on the tramp, go do it with them. Really, anything they like that includes movement, just try and do it to the point of breaking a sweat.
GOAL: Our brains and our bodies work better when we break a sweat daily. Build in exercise into your day.
- Hydrate and have a snack
GOAL: To hydrate and keep that blood sugar steady! (Think water and high protein/fiber snacks)
- Review the day. Look at your schedule and walk-through the events of the day (so far) with your child. As this becomes more routine, go ahead and take some pictures throughout the day so you can review them visually as well.
GOAL: Build working (short-term) memory skills and routine (which, coincidentally helps build working memory).
- Free time for your child and you!
GOAL: This is not a break, this is scheduled time for each of you to go do what you need to do. Free choice is purposeful and it helps all of us gain balance in the day.



END ON A POSITIVE

- Pick an activity/task you know has a high probability of success for your child. Prompt them to engage/complete the task and celebrate them.
GOAL: We want our kids to end our "home instruction" time on a positive note.
- Pretend they just got back from school, and stick to the routines you typically do when your children come back from school!
GOAL: Establish a sense of normalcy and routine.

REPEAT DAILY.