

How to support your child’s work times at home

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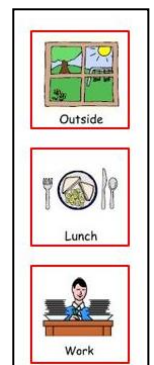
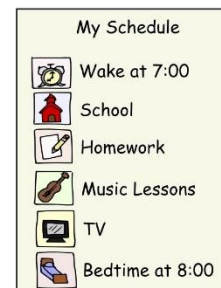
Environment: Set up a work environment that reduces as many distractions as possible.

- Have a designated work space that includes a table and chair.
- Reduce loud noises or movement. (If possible, have younger kids without work responsibilities play in another room or area.)
- If multiple people are working in the same area use headphones to reduce noise.
- Parents during work times put preferred items away and out of reach. (These can include but not limited to: toys, games, snacks etc.)

Visual Schedule: Create a daily schedule for your child to follow. A typical school day is very consistent and activities are scheduled by the hour. While school is out of session your child is without a consistent routine! A daily schedule will help your child know what to expect next and when their favorite activities are happening.

- Typical activities included in a visual schedule:
 - Play times
 - Work times
 - Sensory breaks
 - Meal/snack times
 - Bathroom breaks

- Visual schedules can look different depending on the child’s cognitive ability:
 - Written on white board
 - Pictures and words to show each activity
 - Paper and pencil
 - Pictures from a child’s voice output device



*If a visual schedule is not enough support try a visual timer to indicate when activities will be started or ended

Breaks: plan breaks throughout your child’s day. Even adults need breaks!

- These can be a sensory, movement, or play breaks.
- Include these in your child’s daily schedule
- Break up larger work packets into smaller work chunks

**Please reach out to your BCBA’s for any clarifying questions or materials needed for the implementation of strategies.