

If...	Then...
Your child is having difficulty sitting still for long periods of time	<ul style="list-style-type: none"> <li>● It's okay to take breaks! Set a timer of how long you want your child to be engaged for, and then set up a 2-5 minute break after!</li> <li>● Flexible/cozy seating: find a comfy spot in the house, it's okay if it's not the dining room table!</li> <li>● Use pillows and even seat cushions or bouncy balls!</li> <li>● Take movement breaks! Go outside for a few minutes or, do a 'Go Noodle'!</li> </ul>
Your child is having a hard time concentrating on the work	<ul style="list-style-type: none"> <li>● Create routines and have a daily schedule- it's okay if the schedule looks a little different than the teachers! (Just let them know!)</li> <li>● Visuals and checklists! Make a visual schedule that shows how much time they may be working on something! <ul style="list-style-type: none"> <li>○ Here's a schedule: <a href="#">Editable Schedule</a></li> </ul> </li> <li>● Go through a 'task analysis' with your child (this tool is great to see how long your child THINKS something will take vs how long it will ACTUALLY take: <a href="#">Task Analysis and Time Estimation Sheet</a>)</li> </ul>
The work is difficult	<ul style="list-style-type: none"> <li>● Talk to your child's teacher to see what changes can be made! It is important to let your teacher know, so that they can help! They will also be able to tell you who to contact, if needed.</li> <li>● Use common language that teachers use (a great idea is to watch the readers and writers workshop videos that the classroom teachers post on Google Classroom!)</li> <li>● Using verbiage that encompasses the idea of growth mindset: <a href="https://www.understood.org/en/friends-feelings/empowering-your-child/building-on-strengths/growth-mindset">https://www.understood.org/en/friends-feelings/empowering-your-child/building-on-strengths/growth-mindset</a></li> </ul>

<p>Parents are having a hard time keeping up with the schedule</p>	<ul style="list-style-type: none"><li>• Make a MASTER schedule and hang it up on the fridge!</li><li>• Prepare for the day ahead- try to get things together the night before, so you are not rushing in the morning</li><li>• Most importantly, include your child in the conversation!</li></ul>