

At home learning activities for your child that can be carried out with household items while schools are closed:

***For each activity, your goal should be to let your child work as independently as possible, but if you need to use hand over hand assistance, that's ok, just be careful not to provide more prompting than is needed for each task.*

-Work on following simple, one-step directives with the least amount of physical prompting you can use (example: stand up, come here, hand me your cup, sit at the table)

-Identifying familiar people using pictures (example: present two photos and say "point to mommy" or "look at mommy". Repeat with different family members or friends)

-Imitating motor movements (examples: pat your head and say "do this", clap your hands and say "do this", pat your leg and say "do this")

-During meal times, work for as much independence as possible when using eating utensils, practice handing back unwanted food, pouring liquids into cup with hand over hand assistance, wiping mouth with a napkin, putting trash in trashcan when finished eating, placing dishes in the sink or other area when finished.

-Work on independence when getting dressed (examples: have your child pull pants down and back up, put arms in shirt, put foot into shoes- all using the least amount of physical prompting possible)

-Hand washing- turn water on, get hands wet, get soap, rub hands together, rinse hands, turn water off, dry hands (give the directive for each step and have them complete each step with the least amount of prompting possible).

-give choices, whenever possible, for everything your child does from eating to playing (example: say "do you want the banana or the apple?"- hold items up and let them choose, "do you want the ball or the truck?"- hold items up and let them choose- pointing, encourage verbal responses...either one word, but simple sentences if possible.

-read to your child. Let them turn the pages, point to pictures and work on having them look at what you're pointing to, ask them to point to, touch, or look at something that is in the picture

-work on identifying colors with anything you have around the house (example: hold up a red shirt and a blue shirt and say, "show me red". They can respond by touching, looking, grabbing)

-work on identifying shapes (food storage lids can be used) (example: hold up a square lid and a round lid and say, "show me circle". They can respond by touching, looking, grabbing)

-count with your child (example: put 5 spoons on the table, take their hand and have them touch each one as you count aloud)

Please contact me if you have any questions.

Email:

Cell phone: