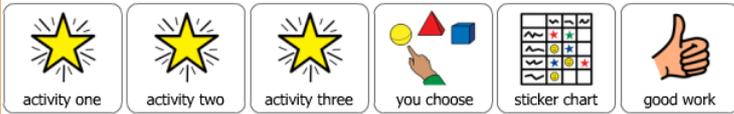


TEN TOP TIPS:

Supporting children with learning difficulties or autism spectrum conditions during home-schooling and isolation

REWARD:

Split lessons into parts that can be achieved step by step. Use a reward chart such as stickers or smiley faces, which may lead to something rewarding such as ten minutes on the iPad.



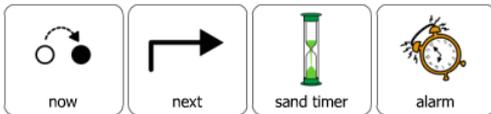
VISUAL SUPPORT:

Use lots of pictures and symbols to support your child around the home and during activities, such as remembering to sit at the table, or to listen carefully to instructions.



TRANSITION:

Transition clearly between activities by counting down to the transition using a sand timer, digital timer or alarm, and using a clear now/next board or baskets.



BREAKS:

Take time to go outside and play when possible; fresh air and a change of environment can help reduce anxiety and stress. Make sure these breaks are factored into your timetable.



CHANGE:

If you have to change the routine, explain to your child *when* and *why* to help them prepare for the change.



EXPLANATIONS:

Explain the current situation using social stories; repeat regularly to help develop understanding, and to help relieve anxiety.



ROUTINE:

Keep to a routine as much as possible through the day; make the routine clear and accessible through the use of a visual timetable.



PLAY:

Play with your child – games such as pretend play and building together are fun and help to develop social skills.



WORK SPACE:

Maintain clear spaces for work and play e.g. the kitchen table is for working, the living room is for playing. In the child's workspace, keep their pens and workbooks together for ease of access.



ENVIRONMENT:

When working, keep background noise to a minimum e.g. switch off the TV or radio; ensure it's a well lit room (not too bright!) and free from distractions.

