



Strategies to Survive Remote Learning:

Click on the underlined words below which are links to videos and websites



Proactive Strategies, Tips and Tricks for Distance Learning from CommonSense

- Make a designated school space
- Set a routine
- Review expectations
- Keep your child nearby
- Encourage self-regulation
- Give detailed praise
- Use natural consequences
- Use movement and humor

Resources:

- [Webinar - Rev Up Your Child's Executive Functions for a Successful School Year](#)
- [Tools to Help Kids Stay Focused During Distance Learning](#)
- [Need Low-Cost Internet or Devices?](#)

Questions to ask:

1. Has my child had anything to eat or drink in the last two hours?
2. How did my child sleep last night?
3. Has my child had any exercise in the last two hours?

Our virtual support groups are up and running! Ask your therapist or email Ken Summers at Ksummers@thebabyfold.org for more information regarding virtual support groups.