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

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?

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?**

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.

For any questions about Adoption Support and Preservation please contact Theresa Lawrence at (309) 433-6596 or email her at tlawrence@thebabyfold.org.
For any questions about TBRI please contact Kathleen Bush at (309) 531-9262 or email her at kbush@thebabyfold.org.