

*In partnership with Cincinnati Children's Hospital, the #3 Children's Hospital in the country, First Student has turned to expert in behavioral psychology, Dr. Allison Blackburn, for some tips on how to help children as they navigate a new reality of social distancing and remote learning. In the our new three-part "Ask the Expert" series, we will address 1) dealing with uncertainty, 2) establishing strong routines, and 3) stress and behavioral changes in your child.*

# REMOTE LEARNING ROUTINES

1

## Collaborate

Work collaboratively with your child's education team to figure out what learning should look like at home. Try to check-in with your child's instructors on a regular basis, to ensure learning objectives are being met, and to check that no assignments have been missed.

2

## Mix It Up

Homebound instruction is hard. Keep in mind that homebound instruction does not have to mean completing worksheets for 7 hours per day.

There are so many home-based activities that facilitate "real-world learning," like cooking, nature walks, exercise, play, crafting, etc. Work with your child to develop a new routine. Give your child options for different activities to do during the week. Feeling involved in their schedule can help keep your child engaged in their routine and activities.

3

## Make a Schedule

It's important to try to maintain some type of schedule and structure, although it will naturally look different than a typical school day. This will help your child stay on track, and will make it easier to develop a strong and consistent routine for at-home learning.

If you find yourself having to pester your child to get the academic work done during the day, try to balance it out with some low demands and positive quality time in the evenings (e.g., game night, family movie night, cooking together, etc.)

4

## Have Fun!

While some tasks "must" get done each day, your child can help decide on other fun, educational activities that can be added to the schedule too. There are even apps available to download for making visual schedules (Choice Works \$4.99), as well as online resources.

### Dr. Blackburn's Suggested Resources:

[School Closure Toolkit](#), Easterseals, Illinois Autism Partnership

[How to Make a Visual Schedule](#), Read-n-Bloom

[Do2Learn: A Resource for Individuals with Special Needs](#)

## ASK THE EXPERT: DR. ALLISON BLACKBURN

*Dr. Blackburn is a Licensed Psychologist, specializing in the assessment and treatment of children with developmental disorders. She partnered with First Student in 2018 to co-develop the FirstServes™ program to enhance the bus riding experience for children with developmental disabilities.*

