

## **Tips for Virtual Learning (for Parents)**

1. Create a structure for the student's day. Include:
  - a. Bedtime/wake time
  - b. School/Work time
  - c. Break time
  - d. Free time
  - e. Meal time
2. Set up 3-5 rules for the student to follow. Some examples might be:
  - a. No phones during school/work time.
  - b. Complete a specified amount of work before taking a break.
  - c. Breaks will be a specified amount of time (10 minutes) until work is completed.
  - d. No gaming or unrelated websites during worktime.
3. Provide reinforcement when student is following the rules and doing as expected. Reinforcement can include:
  - a. Verbal praise or acknowledgement, high five, smile (provide frequently)
  - b. A preferred activity following a prescribed amount of work
  - c. Tangible items – food, stickers, small toy from prize box
  - d. Activity – game, TV time, time with Mom or Dad, time to engage with preferred toys, such as Legos, drawing/writing/reading time, call a friend
4. Minimize access to preferred items/activities during work periods. Use first, then statements. "First Math problems, then video games."
5. Minimize attention to low level behaviors. Frequently praise or acknowledge expected behaviors.
6. If you think it would be helpful, use a point sheet to show the student progress towards a goal. For example, if you want the student to work for fifteen minutes, you may want to provide a star or sticker every 5 minutes that they work. Then when they earn 3 stars/stickers, they earn a break.
7. Provide help/assistance to the student as necessary. Allow the student and teacher to talk directly and avoid speaking unless necessary. Feel free to reach out to the teacher at other times with questions.
8. Try to be consistent implementing rules, schedules, and reinforcement.

For additional information: <https://childmind.org/article/managing-problem-behavior-at-home/>