Tips for a Successful Year

Preparing Kids for Success

The school year has started, and it will be different than any year in the past. We share tips for success.

Hosted by Family Focus Resource Center

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ADVANCED BEHAVIORAL PATHWAYS
Helping people achieve success through behavior change

School is Back in Session

✔ Masks

✔ Health and safety

✔ Virtual IEPs

✔ School/teacher communication

✔ Supporting mental health

✔ Behavioral challenges

Masks

✔ Allow your child to pick out their own mask

✔ Have multiple masks in their backpack

✔ Make sure they have a comfortable fit for all day wearing

Masks

✔ Ask for mask breaks if needed

✔ Model appropriate mask wearing

✔ Share the importance of wearing a mask including how to wear it

✔ Understand rules of mask wearing at school

Health and Safety

✔️ Review the health and safety rules of school

✔️ Teachers and others review safety rules

✔️ These are likely to stay in place for some time

✔️ Helpful if parents support these rules

Health and Safety

- ✓ Wash hands and use hand sanitizer

- ✓ Use only your supplies

- ✓ Do not touch others

- ✓ Keep space from others

Virtual IEPs

✓ Are they here to stay?

✓ Plan to participate fully

✓ Find a quiet spot

✓ Make sure to reserve enough time

✓ Join from a computer if possible

Virtual IEPs

✔ Participate professionally

✔ Have your camera on with good lighting

✔ Do not multitask during an IEP

✔ Be an active participant – share information

IEP Goals

✔ Review goals from previous IEPs

✔ Ensure new goals meet student's needs

✔ Consider all areas of academics and development

Tips for a Successful Virtual IEP Meeting

✔ Review previous IEP information ahead of time

✔ Problem solve tech issues early

✔ Prepare to join early (10 minutes)

✔ Mute when not speaking

✔ Ask questions as they come up

Tips for a Successful Virtual IEP Meeting

✔ Do not be a silent participant

✔ Offer suggestions that you think might help your child

✔ Request accommodations and strategies to support

✔ Ensure IEP accurately reflects your child's needs

What to Know About Virtual IEPs

✔ Only thing that changes is the location

✔ All rules still apply just as they did during in-person IEPs

Tips for a Successful Virtual IEP Meeting

✔️ Follow up with team as needed

✔️ Review IEP document sent after meeting

✔️ Ensure that it is accurate and includes all accommodations requested

✔️ Request revisions if needed

Home School Communication

✔ Schools communicate via call, online portal, and/or email

✔ Be sure to check these often for important communications

✔ Determine how best to communicate with your child's teacher

Home School Communication

✔ Share information about your child

✔ Be supportive of teacher

✔ Teachers are dealing with a lot – be patient with them

✔ Communications might take longer

Home School Communication

✔ Schools may be understaffed – like almost all other places

✔ Support those who are there to support your student

✔ Staff who are working are dealing with unprecedented challenges

Supporting Mental Health

✓ Everyone continues to experience mental health challenges related to the pandemic

✓ Children may not have the ability to manage this

✓ Parents need to support children

Supporting Mental Health

✓ Listen and be empathetic

✓ Allow children to display the feelings they are experiencing

✓ Provide comfort

✓ Do activities to help children deal with stress

Supporting Mental Health

✓ Reduce demands on children's time outside of school

✓ Provide adequate down time

✓ Limit screen time

✓ Outside activities

✓ Interactive family activities

Supporting Mental Health

- ✔ Family activities that children enjoy

- ✔ Slow down if your family is moving too fast

- ✔ Take a look at your day and think about how to slow down and create efficiencies

Supporting Mental Health

✔ Teach children techniques to deal with stress (deep breathing)

✔ Model these skills

✔ Talk about feelings and healthy ways to manage stress

✔ Use language thoughtfully

Behavioral Challenges

✔ As students are coming back to school many are displaying behavioral issues

✔ Separation from parents after a long time being home with family

✔ Some have not ever been in school

Behavioral Challenges

✔ Students are struggling with the return to in-person instruction

✔ Teachers are providing a lot of breaks for movement

✔ Students may need review of concepts learned last year

Strategies to Support

✓ Visual schedules to show what is coming up during the day

✓ Token charts

✓ Reminders of behavioral expectations

✓ Frequent breaks

✓ High levels of reinforcement

Strategies to Support

✓ Bring some of these strategies being used at school to home

✓ Helps with consistency

✓ Review the school rules at home

✓ Talk to student about their day

✓ Help them problem solve as needed

If Your Student is Struggling

✔ Collaborate with school professionals

✔ Determine strategies to support and use these at home as well

✔ Support school professionals who are working to support your student

Behavior @ Home

- ✔ All challenging behavior happens for a reason

- ✔ Challenging behavior identifies missing skills

- ✔ All behavior communicates something

Behavior @ Home

✓ Prevention strategies help address behavior challenges before they start

✓ Encourage good behavior

✓ Ensure basic needs are met

✓ Have a consistent schedule

Behavior @ Home Strategies

- ✔ Give 2-3 choices when possible

- ✔ Use first/then statements

- ✔ Provide frequent reminders of behavioral expectations

- ✔ Review the daily schedule

- ✔ Timers and visual supports

Behavior @ Home Strategies

✔ Assist your child through challenges

✔ Use coaching

✔ Non-punitive approaches

✔ Be supportive

✔ Seek help when needed

Behavior @ Home

For more in-depth behavior @ home strategies see the Family Focus Resource Center's YouTube Channel for the Behavior @ Home series

Helping families understand their child's unique needs

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Thank You!!

Presented by Michelle Heid, MA, BCBA

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