



DISTANCE LEARNING RECIPE FOR SUCCESS

ingredients

- Consistency
- Positive reinforcement
- Frequent breaks
- Communication
- Taking care of yourself

preparation

1) **Consistency is key.** Kids crave structure and consistency. Develop as much routine as possible. The best time to start is right after breakfast. Do as much as you can right away in the morning, while they are well-rested and have full stomachs. This is when their energy level and attention span is at its best. The longer the day goes on, the more tired and bored they will become.

2) **Positive reinforcement.** Use as much positive reinforcement as you can. For example, every sentence your child writes, they earn a sticker towards a reward that suits them best. Try to give as many small, immediate rewards as

possible and work their way to a bigger, end goal (i.e., once they fill up their chart, they get to stay up 30 minutes later, or earn extra Ipad time.)

3) **Allow for frequent breaks.** If your child gets frustrated with their work easily, allow frequent, timed breaks. For example, once you write 2 sentences, you can play with your toys for 5 minutes, then come back and write 2 more. Using a timer can allow for consistency so they do not take advantage of the breaks.

4) **Communicate at their age-level.** Use as many emotion words as you can. For example, "I can see you are getting frustrated. Let's take some deep breaths together. What can I do to help you? What do you need from me?" Validate their feelings and that it is okay to get upset. Point out how well they handled a situation when they were upset. "Wow, look at how well you took those deep breaths when you got mad."

5) **Take care of you .** Don't forget to take care of yourself, also. If you can sense yourself getting frustrated, then it's okay to walk away for a moment and calm your own emotions.