



Region 10 ESC

Experience the Power of 10

Tips for Setting Routines and Managing Behavior

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Agenda

- Ideas for Structure and Routines in the Home
- Behavior Basics – Things to Consider

Schedules and Routines

- Work with your child to develop a schedule and routine for at-home learning
<https://adayinourshoes.com/free-printable-visual-schedules-for-home-and-daily-routines/>
- Post schedule in a place where you and your child can access
- Plan a schedule and routine that you and your child can stick to
<https://www.pbs.org/parents/thrive/schools-closed-how-to-make-a-new-home-routine>

Schedules & Routines: Don't forget....

- Flexibility
- Movement
- Fun activities
 - Examples: Art and music
- Quiet Time
- Consider your needs as parents

Behavior Basics

- Parent Expectations
 - Developmentally appropriate
 - Can affect your response to your child
- Understanding Feelings
 - Child struggle with understanding what they are feeling
 - Validating their feelings helps with their reactions
- Adult Response and Managing Emotions
 - Adult self-regulation and coping
 - Your stress adds to your child's stress

Behavior Basics

- The World Through a Child's Eyes
 - Learning to manage emotions is very difficult
 - Children need the adults to show them and help them learn how to get through tough times
- Behavior is Communication
 - What is your child's behavior telling you?
- You Are in This Together
 - You and your child are a team
 - Co-problem solvers through life
 - It's "OK"

Parent Resources

Coronavirus Social Stories:

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemic-s-and-the-Coronavirus.pdf>

<https://www.ppmmd.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

Self-Regulation and Behavior

<https://consciousdiscipline.com/free-resources/free-for-all/>

<https://www.centervention.com/social-emotional-learning-activities/>

<https://casel.org/covid-resources/>

Direct link to parent resources:

<https://www.spedtex.org/index.cfm/parent-resources/t>

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Email: inquire@spedtex.org



www.spedtex.org



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SPECIAL NEEDS PARENTS ARE THE
EQUIVALENT OF BATMAN,
CAPTAIN AMERICA AND THE
INCREDIBLE HULK COMBINED WITH
A SIDE OF MARY POPPINS 

https://medium.com/@sean_40537/special-needs-parenting-in-the-age-of-pandemic-e0c9320c5a58