

# Caregiver Session Quick Guide



## Greeting/Circle Time

This instructional block provides a consistent and fun routine to start the online sessions. Opportunities will be embedded during greeting/circle time to encourage communication and generalization of previously learned skills.

To help your child move toward independent interaction with their teacher and increase engagement with the screen, you can:

1. Be interactive and animated to get your child motivated and excited to participate.
2. Provide reinforcement for desired behaviors, such as sitting, looking at the screen, imitating actions, singing, and asking or answering questions.

## Teaching Time

During this instructional block, your child will work on learning new skills or maintaining skills that were learned at school.

To help your child during this block, you can:

1. Gather materials the teacher identifies as needed prior to the session.
2. Follow cues and directions from the teacher. The goal of instruction is to have your child interact with the teacher, but for some children, the instructor will be coaching you through instructing your child. As your child becomes more familiar with remote instruction and gains new skills, independent engagement with the teacher and the screen will typically increase.
3. Provide positive feedback to your child when performing skills and reinforce good attempts. Celebrate small learning steps. Small steps translate into larger gains over time.
4. Ask the teacher to clarify anything you don't understand or need more information on. Caregiver and teacher partnerships provide children with the optimal learning environment.
5. Practice new skills your child has learned at other times during the day. Children learn best through repetition and practice.

## Play Time

During this instructional block, you will learn strategies to improve your child's communication and play skills. Strategies learned during play time will include simple, easy techniques that you will be able to use throughout the day. It won't take any additional time out of your day and most families find it makes play time much easier.

To help your child during this block, you can:

1. Gather materials the teacher identifies as needed prior to the session.
2. Find a location with enough room to play with a variety of preferred toys or activities.
3. Orient the screen so the teacher has a view of both you and your child.
4. Practice new skills your child has learned throughout the day.

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## Functional Routines

This instructional block provides an opportunity to choose a new target routine each week and learn to break typical daily routines into small steps, embed reinforcement and communication, and increase independence.

To help your child during functional routines, you can:

1. Choose routines that your child enjoys. This will motivate students to become independent and provide success for both you and your child.
2. Choose routines that are more challenging for your child to work on behavior, independence, and social skills.
3. Use the visual and environmental supports provided by the teacher. Visuals work and can help your child understand behavioral expectations.
4. Ask the teacher to help and provide additional supports with challenging routines.