



# Teaching During COVID-19

## Caregiver Action Plan

### Understanding Your School's Action Plan

Complete	Considerations	Resources available	Suggestions for preparing
<input type="checkbox"/>	Learn your school's policies to communicate when a positive case or when exposure to someone with COVID-19 is identified.		<ul style="list-style-type: none"><li>Review the school's website or schedule a meeting with your child's teacher to find out more information.</li><li>Click here to read more information on back-to-school planning: <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html</a></li></ul>
<input type="checkbox"/>	Plan for possible school closures or periods of quarantine by setting up a remote learning space and independent work area at home.	<ul style="list-style-type: none"><li><a href="#">Learning at Home Poster</a></li><li><a href="#">Learning at Home Poster (Español)</a></li><li><a href="#">Home Packets</a></li></ul>	<ul style="list-style-type: none"><li>Find an area in your home that can be used for remote learning or homework. Choose an area with limited distractions (e.g. away from toys or electronics).</li><li>Ask your child's teacher for at-home activities related to your child's IEP goals.</li></ul>
<input type="checkbox"/>	If your child receives speech, occupational, or physical therapy or other related services from the school, ask your school how these services will be provided.		<ul style="list-style-type: none"><li>Schedule a call or meeting with your child's teacher to find out more information.</li></ul>
<input type="checkbox"/>	Find out the plan for arrival and dismissal. Some policies may change for drop-off and pickup.		<ul style="list-style-type: none"><li>If there is a new routine, practice with your child before school starts so they are familiar with the new routine.</li></ul>



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### Establishing School Routines

Complete	Considerations	Resources available	Suggestions for preparing
<input type="checkbox"/>	Establish morning and bedtime routines. Maintain consistent routines each day, including on weekends.	<ul style="list-style-type: none"> <li>• <a href="#"><u>Morning and Bedtime Mini-Schedules</u></a></li> <li>• <a href="#"><u>Getting Dressed Sequence Strip</u></a></li> <li>• <a href="#"><u>Going to Bed Sequence Strip</u></a></li> <li>• <a href="#"><u>Brushing Teeth Sequence Strip</u></a></li> </ul>	<p>Routines create consistency and improve behaviors over time as children learn what to do.</p> <ul style="list-style-type: none"> <li>• Review the steps of the routine with your child. Point to the pictures and label each step.</li> <li>• As your child completes the step independently or with help, give them verbal praise or a tangible reinforcer.</li> <li>• Set bed and wake-up times for the same time each day, including on weekends.</li> <li>• Create a bedtime routine that includes taking a bath, picking out pajamas, brushing teeth, and reading a book.</li> <li>• Remove electronics from bedrooms and turn lights out.</li> <li>• Click here to read more about the American Academy of Pediatrics (AAP) Sleep Guidelines: <a href="#"><u>AAP Supports Childhood Sleep Guidelines - HealthyChildren.org</u></a></li> </ul>
<input type="checkbox"/>	Set up systems in your house to make routines easier for your child (e.g. getting dressed, brushing teeth, eating breakfast, etc.).	<ul style="list-style-type: none"> <li>• <a href="#"><u>Getting Dressed Sequence Strip</u></a></li> <li>• <a href="#"><u>Brushing Teeth Sequence Strip</u></a></li> </ul>	<ul style="list-style-type: none"> <li>• Choose one routine to address at a time.</li> <li>• Think about choices you can provide during the routine to increase participation (e.g. choice of clothes, choice of colored toothbrushes, choice of breakfast items, or choice of utensils or colored cups and plates).</li> <li>• Organize materials for routines in the routine area. Use bins with labels so your child can access materials independently.</li> </ul>



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<input type="checkbox"/>	<p>Check your child for signs of illness each morning.</p> <p>If your child has had close contact to a COVID-19 case, follow the school's guidelines and contact your child's teacher.</p>	<ul style="list-style-type: none"><li>• <a href="#">COVID-19 Symptoms Icons (Small)</a></li><li>• <a href="#">COVID-19 Symptoms Icons (Large)</a></li></ul>	<p>Use visuals to provide an opportunity for the child to communicate their symptoms.</p> <ul style="list-style-type: none"><li>• Point to images and provide choices to identify symptoms. For example, "Do you have a headache or sore throat?"</li><li>• Help your child learn what the symbols mean. For example, if your child has a cough, point to the "cough" visual and say, "You have a cough."</li><li>• Click here to learn more about symptoms for COVID-19: <a href="https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html">https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html</a></li></ul>
<input type="checkbox"/>	<p>Teach and practice proper hand hygiene at home, especially before and after eating, sneezing, coughing, and adjusting a mask.</p>	<ul style="list-style-type: none"><li>• <a href="#">Handwashing Sequence Strip</a></li><li>• <a href="#">Using Hand Sanitizer Sequence Strip</a></li><li>• <a href="#">Using Hand Sanitizer Sequence Strip (Español)</a></li></ul>	<p>Post sequence strips in bathrooms, near sinks, or where you store hand sanitizer. When teaching hand hygiene, point to each step of the sequence strip and say the action. Some children may need you to model the action or may require a prompt to complete the action.</p>
<input type="checkbox"/>	<p>Teach your child the concept of social distancing and the social rules related to social distancing.</p>	<ul style="list-style-type: none"><li>• <a href="#">Social Distancing at School icons</a></li><li>• <a href="#">Social Distancing at School icons (Español)</a></li></ul>	<p>Teach your child the vocabulary words associated with COVID-19. Here are a few ideas of games you can play with the Social Distancing at School icons:</p> <ul style="list-style-type: none"><li>• Print two copies of each, and play a game of Memory or Go Fish. Some children may learn best when teaching five icons at a time.</li><li>• Role-play using dolls or favorite characters to explain the vocabulary words.</li><li>• Draw pictures to explain concepts.</li></ul>



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Complete	Considerations	Resources available	Suggestions for preparing
<input type="checkbox"/>	<p>Prepare your child for school routines related to COVID-19. Children may be advised to:</p> <ul style="list-style-type: none"> <li>Wash and sanitize their hands more often</li> <li>Keep physical distance from other students</li> <li>Wear a mask</li> </ul> <p>Prepare your child that school areas (like recess equipment or play areas) may be closed.</p>	<ul style="list-style-type: none"> <li><a href="#"><u>Keeping Germs Away Social Script</u></a></li> <li><a href="#"><u>Keeping Germs Away Social Script (Español)</u></a></li> <li><a href="#"><u>My Staying Healthy Story Social Script</u></a></li> <li><a href="#"><u>My Staying Healthy Story Social Script (Español)</u></a></li> <li><a href="#"><u>When Do I Wash My Hands? Visual Support</u></a></li> <li><a href="#"><u>When Do I Wash My Hands? Visual Support (Español)</u></a></li> </ul>	<p>Read the social scripts with your child daily to teach them how to remain healthy and safe from germs at school.</p>
<input type="checkbox"/>	<p>Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, the possibility of staying in the classroom for lunch).</p>	<ul style="list-style-type: none"> <li><a href="#"><u>Social Distancing Around School Social Script</u></a></li> <li><a href="#"><u>Social Distancing Around School Social Scripts (Español)</u></a></li> </ul>	<p>Read the social script with your child daily to prepare them for the changes around school. If possible, ask to visit the school before it opens so your child can walk around and see the changes.</p>
<input type="checkbox"/>	<p>Anticipate changes in your child's behavior. Use basic behavior principles to reinforce desired behaviors and decrease challenging behaviors.</p>	<ul style="list-style-type: none"> <li><a href="#"><u>Behavior Support Icons</u></a></li> <li><a href="#"><u>Daily Visual Schedule Template and Icons</u></a></li> <li><a href="#"><u>Written Schedule Template</u></a></li> <li><a href="#"><u>Weekly/Monthly Visual Calendar and Icons</u></a></li> </ul>	<ul style="list-style-type: none"> <li>Give short, concise directions that tell your child what behaviors you want to see.</li> <li>Avoid telling them what "not to do."</li> <li>Maintain consistent bedtime routines, even on the weekend.</li> <li>Use a daily visual schedule on the weekends to show your child what events will happen.</li> <li>Use a calendar to show when students will attend school in person and when they will have remote instruction.</li> </ul>



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### Wearing a Mask

Complete	Considerations	Resources available	Suggestions for preparing
<input type="checkbox"/>	Label your child's masks clearly with permanent marker. Provide a variety of masks for your child to use throughout the day.		
<input type="checkbox"/>	Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, the possibility of staying in the classroom for lunch).		
<input type="checkbox"/>	Practice putting on and taking off masks without touching the cloth.	<ul style="list-style-type: none"> <li>• <a href="#"><u>I Can Wear a Mask Safely Social Script</u></a></li> <li>• <a href="#"><u>Wearing a Mask Sequence Strips</u></a></li> <li>• <a href="#"><u>Wearing a Mask Video Model — Primary</u></a></li> <li>• <a href="#"><u>Wearing a Mask Video Model — Secondary</u></a></li> <li>• <a href="#"><u>Wearing a Mask Informative Video</u></a></li> </ul>	<ul style="list-style-type: none"> <li>• Practice placing masks on stuffed animals or dolls.</li> <li>• Draw a mask on a favorite character.</li> <li>• Show your child the "Wearing a Mask Video Model."</li> <li>• Allow your child to choose a mask that meets the school's requirements. Consider favorite colors or characters.</li> </ul>
<input type="checkbox"/>	As a family, model wearing masks when going on community outings.	<ul style="list-style-type: none"> <li>• <a href="#"><u>Community Outings During COVID-19 Social Script</u></a></li> <li>• <a href="#"><u>Community Outings During COVID-19 Social Script (Español)</u></a></li> </ul>	Read the social script with your child daily to prepare them for going on community outings. Model mask-wearing in the community, and provide verbal praise or rewards when your child participates.