

# Achieving Independence in Virtual Sessions

- Find a comfortable, quiet space for your child to attend sessions
  - Practice preparing the space together by tidying the space before session
- Take time with your child to figure out what is motivating before session starts
  - This can be a toy, snack, game, activity, etc.
  - Use motivating items during session to give your child praise for participating and being independent
- Help your child get into the routine of gathering materials for session before it begins
  - Start this process about 15 minutes before session, or adjust timing if it takes longer
  - Make a list using words or pictures, and allow your child to mark off materials as they are gathered, using a checkmark or sticker
- Create a schedule together, putting activities such as: (1) tidy space (2) gather materials for session (3) virtual session (4) play time
  - Build breaks into the schedule
- Teach your child how to ask for help
  - Make a “help” visual card that can remind your child when he is working independently and needs help
  - Practice asking for help before the session, like in play or during meals
  - Give your child a cue when he needs help such as telling him to raise his hand, or showing him what that looks like
- Give your child choice (e.g., choosing the computer or tablet for session)
- Allow your child to turn on the device and set it up
- Use a visual timer to show your child how much time is left in the session
  - A timer could also show when a break begins and ends
- Create distance between you and your child, and help as little as possible

**Overall, have fun!**

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