

Virtual Sessions or Online Schooling

Before Sessions/Classes

- Pick a quiet, comfortable space for your child to work
- Tidy the space together before session
- Create a schedule together; ideas could include:
 1. tidy space
 2. break
 3. gather materials for session
 4. virtual session
 5. play time
 6. break
- Gather materials approximately 15 minutes before the session
 1. Make a list of what is needed for the entire session; the list can be words or pictures (use whatever is easiest for your child to understand)
 2. Give the list to your child
 3. Allow them to gather materials and mark off items as they are gathered
 4. To make this fun, try setting it up like a “scavenger hunt”

Use Motivation to Support Learning

- Take time with your child to figure out what is motivating before session starts (these are things your child is willing to put effort into getting and that they do not have free access to otherwise)
 - This can be a toy, snack, game, activity, etc.
 - It can also be social praise, time with you, or acknowledgement of a job well done
- Keep these items nearby during session to reward your child for participating and being independent
- Ask your child’s Instructor Therapist or teacher for ideas if needed

Helping Your Child be Independent with Virtual Learning

- Teach your child how to ask for help

- Make a “help” visual card that can remind your child to ask for help when struggling with a step while working independently
- Practice asking for help in play or during meals (set up reasons for your child to need your help, then prompt them to ask or wait for them to ask on their own, finally give help when they ask for it)
- When you see your child needs help, but they have not asked, give them a cue to show them what to do (e.g., telling them to raise their hand, or showing them what that looks like by raising your hand and waiting for them to do the same)
- Give your child choice (e.g., choosing the computer or tablet for session)
- 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; slowly increase this distance as they are successful

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