



CONNECTICUT STATE DEPARTMENT OF EDUCATION

# Resources for Parents of Learners with Special Needs Including Those with Significant Cognitive Disabilities

## Webinar 2

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Performance Office**

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# Presenters

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# Primary Goal: Empowering Parents and Families



- ❖ Keeping families safe
- ❖ Keeping children engaged
- ❖ Maintaining a balance that works for your family
- ❖ Establishing a routine between work, school, and play







# CSDE Professional Support Series for Families

<https://portal.ct.gov/SDE>

## Resources for Families

### Professional Support Series for Families

Professional Support Series for Families flier 

- [Adult Education Resources](#)
- [Dealing with COVID-19 Together: Resources to Support Families](#) 
- [English Learners](#)
  - [Empowering ELL Parents and Families at Home](#)
  - [The Benefits of Being Bilingual](#)
- [Food Resources for Kids During COVID-19 Emergency](#) 
- [Recursos Alimentarios Para Niños Durante](#) 
- [Information on AP Students Affected by COVID-19](#)
- [Learning Resources](#)
  - [Pearson Remote Learning Resources for Teachers, Students and Parents: \[Math Resources\]\(#\) !\[\]\(8b308e9f1e6682fd04ddef01495a93be\_img.jpg\) ; \[K-8 Math Resources\]\(#\) !\[\]\(7a2466fab2a9c99ba33ed3fbd8b0c93f\_img.jpg\) ; \[K-12 Literacy Resources\]\(#\) !\[\]\(f632f5613101834356c1771a91f82a1c\_img.jpg\)](#)
  - [Resources for Parents and Guardians to Support Distance Learning in Mathematics](#) 
  - [Yale Child Study Center and Scholastic Collaborative's \*First Aid for Feelings\* free resource; DAV Pilkey's \*Dog Man\* Series and Scholastic Partnership](#)
- [NCAA Eligibility Center COVID-19 Response FAQs](#) 
- [New "Talk It Out Line" helps with stress from caring for children during COVID-19 crisis](#)
- [Social Emotional Family Resources](#) 
- [Special Education Guidance and Resources for COVID-19](#)

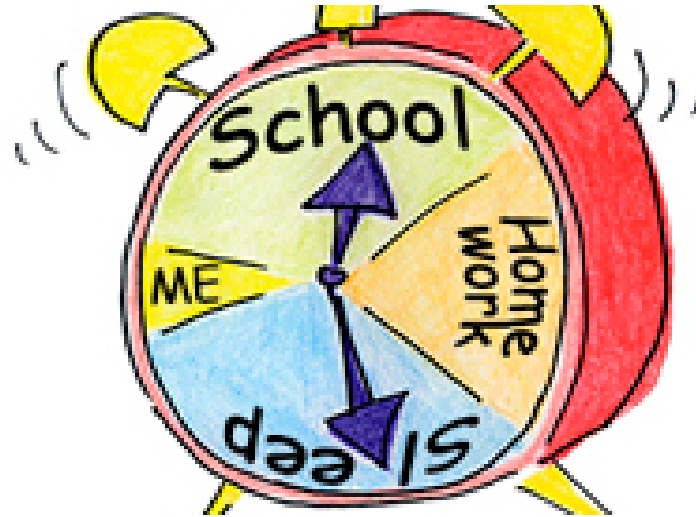


# Presentation Overview

Tips to support families with children with disabilities, including children with significant cognitive disabilities

- ✓ Establish a routine
- ✓ Provide learner choice
- ✓ Recognize learner effort
- ✓ Create interactive schedules and activities
- ✓ Self-Care





# Establishing Routines

Tips to Motivate Learners at Home

# Routines and Considerations for School Tasks

- Start with familiar routines your child typically does each day.
- Start with small tasks and activities for less than an entire day.
- Provide a distraction and clutter-free work space to help your learner focus.
- Plan activities around the times of day that supports your learner's energy level.
- Establish rules and agreements to help manage TV/videogame/technology time.

# Create Calendars/Schedules

- Post a calendar and mark due dates.
- Use pictures/visuals to support non-readers.





# Creating Structure

Using schedules can:

- lessen anxiety;
- create positive anticipation;
- establish expectations for behavior;  
and
- increase independence.



# Incorporate Choice

Incorporate choice to increase “buy in” for your child or willingness to participate in the activity.



# Recognizing Effort

Recognize effort with specific praise to increase your child's

- positive feelings
- willingness to participate
- potential to complete activities better each time



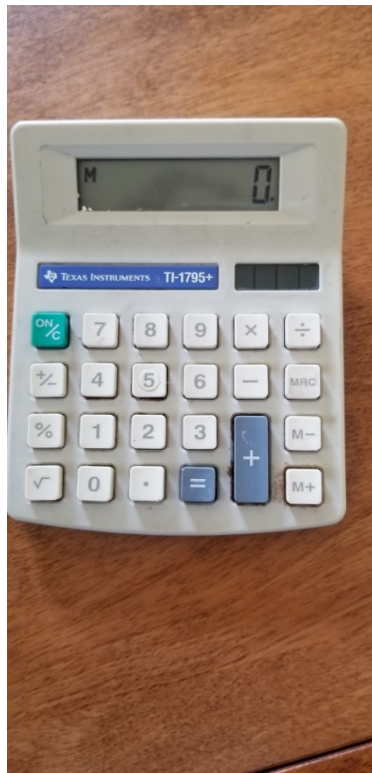
# Types of Schedules

- Visual
  - Concrete/tactile
  - Board Maker pictures, photographs
  - Symbolic
    - Words/braille
    - Tactile representation
- Auditory
  - Orally shared schedule

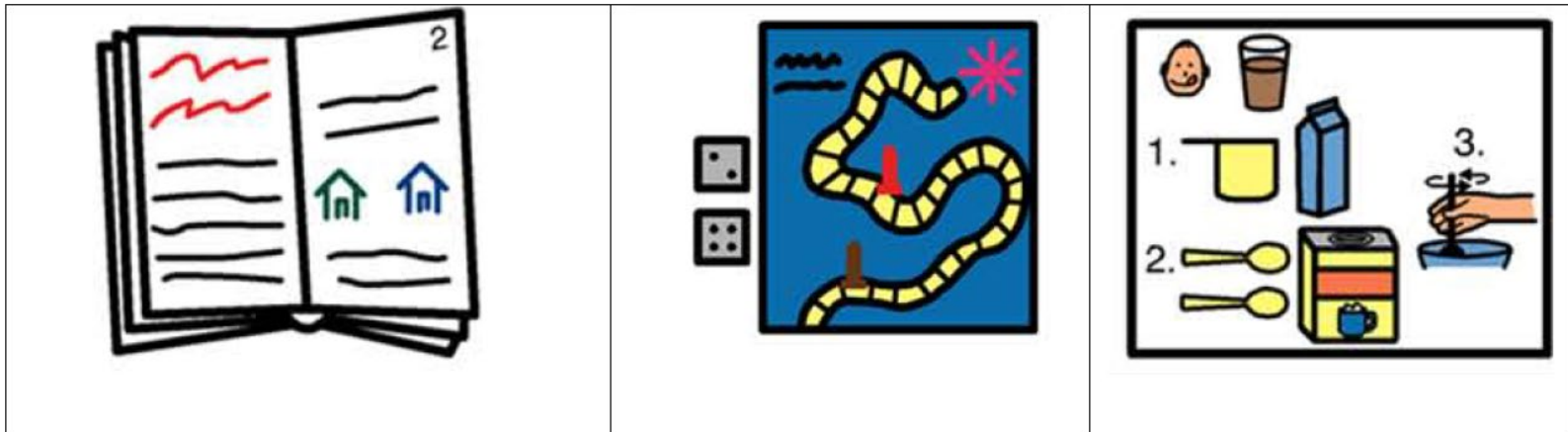


# Concrete Object Schedules

One object per block allows the child to see and touch.  
Sequence left to right or top to bottom.



# Picture Schedules



# Schedule with Photographs



# Schedule with Pictures and Words



Car



Apple



Wash dishes



# Schedule with Words

<b>Morning</b>		
Eat Breakfast	Brush Teeth	Math Work

<b>Morning</b>
Eat Breakfast
Brush Teeth
Math work



# Auditory Schedule



Use a device to record a description of the schedule. Be sure to use sequence and transition words like first, then, after, last...

# Promoting Flexibility



# Creating Activities



# Plastic Straws



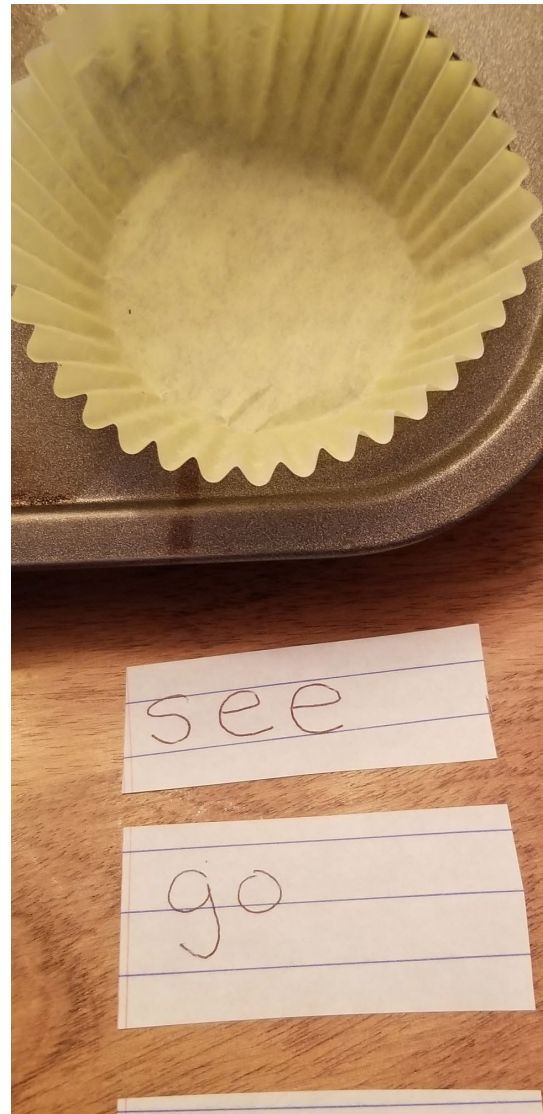
# Matching



# Counting



# Spelling

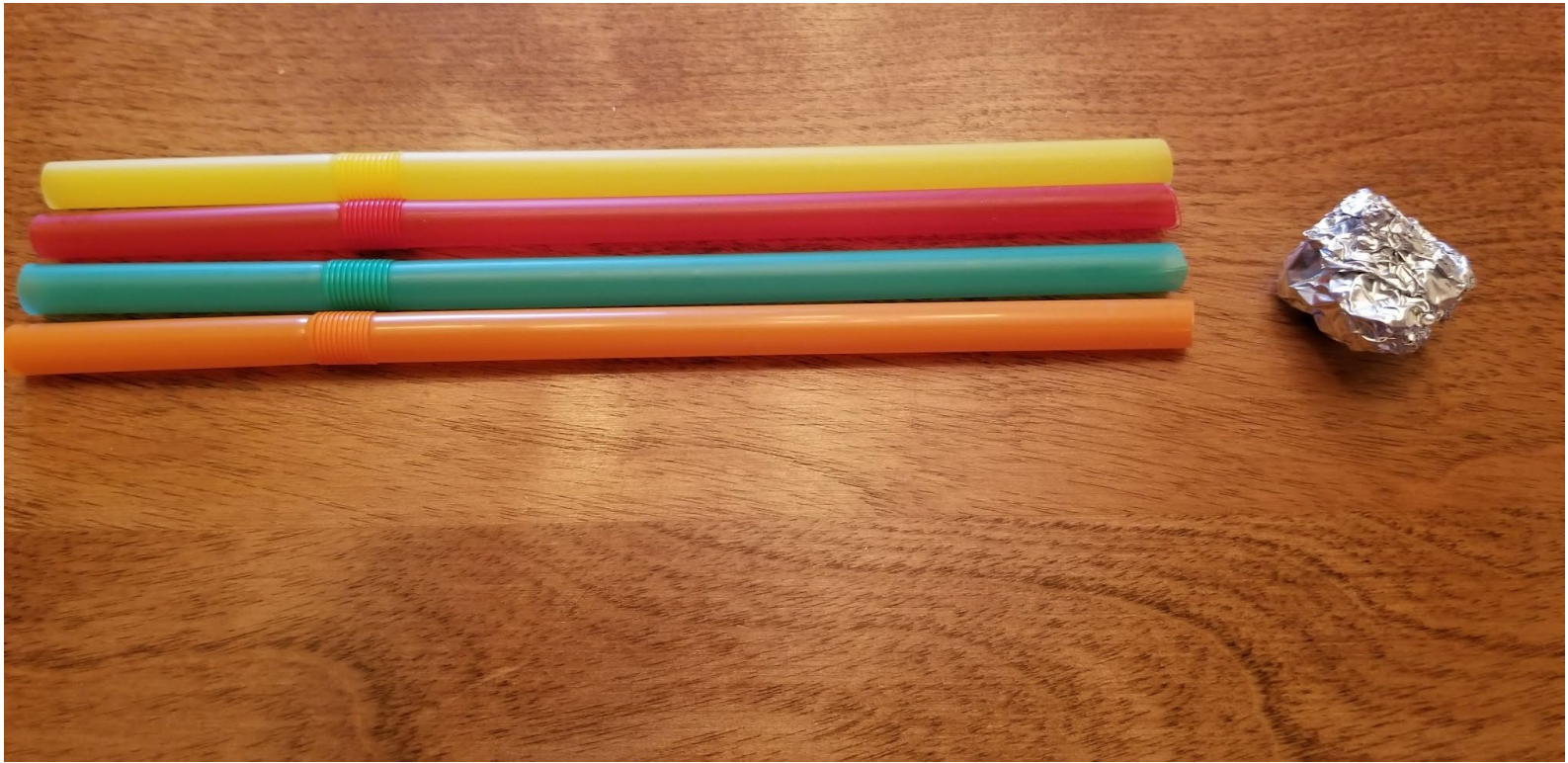




# Patterns with “Beads”



# Play Ball



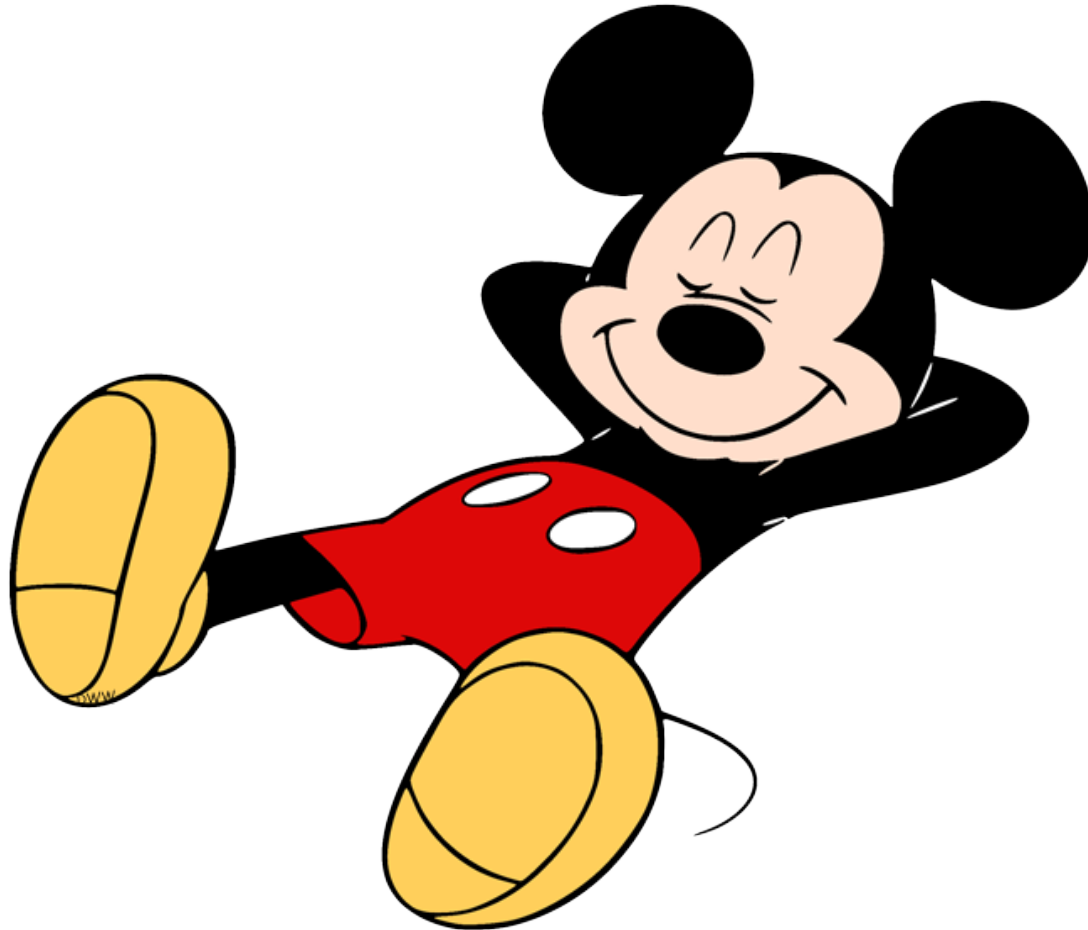
# Bean Bag Activity



# Fun with Measuring








# Self-Care




# Tips to Support Quality Sleep

- Get moving! Daily exercise (walk, ride bikes) and outdoor morning and afternoon activities.
- Sunlight is essential! Outdoor activity for at least 30 minutes daily.
- Eat healthy (limit caffeine intake and minimize snacks within 2 hours of bedtime).
- De-Stress: stretch, practice yoga, meditation, journaling, cat-naps (10-30 minutes a day).
- Sleep in a quiet, dimly lit/dark room that is a distraction free area (eliminate access to technology/devices).

**Evening routine**

	Do your chores
	Take a walk
	Wash your hands
	Eat dinner
	Take a bath
	Brush your teeth
	Put on pajamas
	Read a story
	Go to sleep

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# Next Steps

The CSDE continues to develop webinars and resources for parents of learners with disabilities, including those with significant cognitive disabilities. These will be available on the CSDE COVID -19 webpage.

CT.GOV HOME / DEPARTMENT OF EDUCATION / COVID-19 RESOURCES FOR FAMILIES AND EDUCATORS

## COVID-19 Resources for Families and Educators

Provided by:  
**Department of Education**


**Resources to Support Student Learning During School Closures Due to COVID-19**  
[Volume 1: Resources to Support Student Learning During School Closures Due to COVID-19](#)  
Content specific resources to support student learning organized by both discipline and grade band.  
(March 17, 2020)

[Volume 2: Resources to Support Distance Learning During School Closures Due to COVID-19](#)  
Expanded content specific resources and general resources to support remote learning.  
(March 31, 2020)

[Volume 3: Resources to Support Distance Learning During School Closures Due to COVID-19](#)  
Resources around student data privacy, grading practices, assessment, professional learning, and additional content resources to support remote learning.  
(April 14, 2020)


[Volume 4: Resources to Support Distance Learning During School Closures Due to COVID-19](#)  
Instruction for Three-tiered model of SRBI, SRBI resources, MTSS-behavioral resources, and additional content resources to support remote learning.  
(May 1, 2020)

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# Comments/Feedback

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High Five! You've got this!  
We're here to help!

