

Autism Hub

making a difference

Involve your child

Involve your child in the planning and set up arrangements. Preparation might involve:

- talking to your child about the changes to where they will be learning
- taking your time to set up a learning space together
- making changes to the new learning space and routine, as needed.

Plan ahead

Think ahead about what resources you will need and have these ready to use including: books, pencils, laptop, timer or clock, internet access and a printer. Where possible use materials from school for familiarity.

Build a routine

Start and end the learning together as this builds a routine much like going to school. This might be with a special interest, preferred activity or game. If possible, do similar subjects or activities at the same time each day.

Support learning

Consider wellbeing and learning check-ins:

- *Before* – How will you be spending your time?
What resources do you need?
- *After* – Consider 3 things that went well today?
Why were they good? Do you need help with something and who could we ask for help?

Transition to learning@home

Making the transition to learning at home will take time, practice and patience so start small and steady – remember you know your child best!

Create a schedule together

Encourage and schedule regular breaks. The time spent learning might initially be less than the time spent on breaks and build up over time. Breaks could include favoured activities, music, reading, relaxing and household tasks. Include exercise and eating in the schedule.

