Eat breakfast, get dressed, brush teeth.

GOAL: Establish morning routine.

Find a comfy spot for you and your child to visit. Engage in a basic “warm-up” activity (This can be anything child-directed—whatever your child is currently interested in.)

Limit this warm-up time to no more than 30 (ish) minutes.

GOAL: Build some connectivity, relationship, and engagement.

Pick a skill/activity that is most important to your child at this time (e.g., reading, math, speech/language, etc.) Kids all do their best attending (focusing) in the late morning (9am-11am). Start teaching this skill/activity gradually. On Monday, perhaps you only spend 15-minutes on it, but on Tuesday, spend 20, Wednesday 30, and so on...

GOAL: Get the most bang for your buck before your child gets tired, hungry, or grumpy.

MORNING WARM UP + ONE BIG SKILL

HOME SCHEDULE FOR YOU AND YOUR KIDS WITH SPECIAL NEEDS

Below is a basic AM/PM schedule you could work through with your child at home.

Provide a structured snack/drink.

GOAL: Take 3-5 minutes to get a snack/drink and allow a moment for yourself and your child to take a breath.

Re-visit the skill/activity you attempted earlier. Re-visit areas where your child may need more practice or re-teaching.

GOAL: All good teaching is gonna require revisiting concepts and repetition. It’s good (it’s also kind of a routine).

That’s it! Your child around and see what they want to do. Pick a fun task that they want to do, engage in it with them. Store your stuff (and your stuff) and go 20-30 minutes of playtime.

Where: Our ear looks on is in, our parent role becomes more and more. We can start to be a bit more active/involved. The child is really on his own for a lot of this time for us to build our relationships. So, take this time together to build on your relationship. Your child will start feeling more and following you directions when there’s a solid connection.

PLAY

Eat lunch, brush teeth.

GOAL: Establish afternoon routine

Pick a skill/activity that comes pretty easily to your child. The afternoon is a perfect time for simpler tasks that require less engagement and more repetition. (Think basic math facts, basic reading passages, basic communication strategies, etc.) Spend about 20-30 minutes with this activity, followed by a really brief break (2 or 3 minutes), and then another 20 minutes.

GOAL: Establish a built-in time to practice a solid skill

AFTERNOON FOCUS ON BEING ACTIVE

It is critical for your health and the health of your child to put in some good ol’ activity/exercise in the daily routine. It’s a good idea to follow your child’s lead on the type of activity. If they like to jump on the trampoline, go do it. If they like to walk around, maybe play in the yard, do a little movement, just to get it in and be prepared to learn new skills.

GOAL: Our brains and our bodies work better when we break a sweat daily. Build in exercise into your day.

GET THAT HEART RATE UP!

Hydrate and have a snack.

GOAL: To hydrate and keep that blood sugar steady! (Think water and high protein/fiber snacks)

Review the day. Look at your schedule and walk-through the events of the day with your child. Be flexible. Be honest, more nuanced, go-both and take some pictures throughout the day so you can review them visually as well.

GOAL: Build working (short-term) memory skills and routine (which, coincidentally helps build working memory.

Free time for your child and you!

GOAL: Free time is for everyone. You can schedule free time for both of you to do what you want. Free time is purposeful and it helps all of us gain balance in the day.

Pick an activity/thing you know has a high probability of succeeding. Prompt them to engage/complete the task or project and celebrate them.

GOAL: We want our kids to end our “home instruction” time on a positive note.

END ON A POSITIVE

Pretend they just got back from school, and stick to the routines you typically do when your children come back from school!

GOAL: Establish a sense of normalcy and routine.