

Parent/Carer Learning from Home Online Course Handout

Strategies, Tips & Resources for
Learning at Home



<https://elearning.suelarkey.com.au/>

Online Course Overview

Module 1

- 10 Top Tips
- Managing Anxiety

Module 2

- Lesson 1: Maintaining a Great Relationship
- Lesson 2: Routines & Consistency
- Lesson 3: Visual Learners
- Lesson 4: Tips to Keep on Task
- Lesson 5: Your Words Matter
- Lesson 6: Organisation Can Be Difficult
- Lesson 7: Timers/Clocks
- Lesson 8: Using Social Scripts
- Lesson 9: Change Your Mindset
- Lesson 10: Motivating Using Rewards

Module 3

- Your 10 Strategies to Make a Difference
- 10 Step Implementation Checklist

Your Bonuses

- Free Webinar
- Free E-Book for Parents/Carers Learning from Home
- \$20 OFF Sue Larkey 5 Hour Online Course Coupon
- Members Only Access to "Parent/Carer Learning at Home" Facebook Group
- Certificate Issued on Completion of Course
- **Bonuses may vary depending when you sign up for the course*

Module 1 -10 Top Tips

While you are watching reflect

- Have you got it in place
- How can you use for your child(s)
- How can you adapt it for your child(s)

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Top Tip 1- Work towards the student (child) becoming independent.

Try to allow the to do things for themselves at their own pace.

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✓ Only start to help them when they are stressed and/or becoming overwhelmed

✓ This independence will help to instil self-assurance and self-esteem in the student as they learn new concepts and are able to put them into practice by themself.

★ *I love it when I see child's excited to do activities they once resisted* ★

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Tip 2 - Teach the Child Coping Strategies.

- You will need to be their coach – remember each child responds to different words/phrases
- Watch Lesson in Module 2 on 'Change your Mindset'

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Tip 3 - Help the Child Understand the Hidden Agenda/Rules

“When the teacher is talking about homework you need to listen. You can talk about star wars Tell them WHEN”

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Tip 4 - Understand the Difference between the Day a child is able to do work and keep them on task and the days they can't.

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Tip 5 - Encourage the child to be flexible, social and cooperative by explaining the 'why's' and the 'how's' of each situation.

Social Scripts are very effective tool.
Watch Module 2 Using Social Scripts

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Tip 6 - Catch Opportunities where the special interest of the child can keep them motivated.

Watch Module 2 : Motivating - Rewards

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Tip 7 –Fade Direct Support on Occasions to Allow the child to Grow.

✓ Aim for Independence

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Tip 8 -Avoid being the one who rescues the child every time.

- ✓ Let peers/friends help them (or siblings!)
- ✓ “See 2 then See Me”

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Tip 8 - Avoid fostering helplessness by doing everything for them

- ✓ How can I teach them to be more independent

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Tip 9 - Behaviour

- ✓ There is always a reason for behaviour: social, sensory, anxiety, communication issues.
- ✓ Remember that behaviour is a second language.

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Tip 10 - Individual

- ✓ Remember every child is different and an individual
- ✓ Strategies wear out
- ✓ Not every strategy works for everybody

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Sue Larkey Online Course

- ✓ 5 Hour Course

"I must say Sue's course was absolutely INCREDIBLE! I pride myself on knowing quite a bit about supporting students with ASD but I learnt so much in this course. The way Sue speaks is so engaging and the wealth of information she has to share is amazing. I cannot recommend this course highly enough." Lauren

- ✓ \$20 Off Coupon in Bonus Area

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Strategies to Reduce Anxiety

- Time = Time Timers etc
- Routines = Know what is happening
- Visuals = Schedules, Calenders etc
- Information = Calming, Planning
- Sensory: Music, Drink, Fiddle etc
- Social=Information, Social Scripts
- Sleep
- Movement

NEED a Range of Strategies

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Module 2
10 Key Strategies to Make a Difference
You can select to do individual topics or do all of them.

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Building a Great Relationship

- Remember 4 positives to 1 negative
- Teach to make mistakes
- REALLY listen .. Give time to respond

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- Be their Champion
- See what they CAN do, not what they can't
- *"First and foremost, I am working with a child, their disability is secondary to all else".*

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Routines & Consistency

- Less Problem Solving = Calm
- Visuals/ Schedules
- Routines (where sit)
- Write a social script about who is doing what.
- Use Social Scripts to explain changes etc

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Visual Learners

- Use Visuals whenever possible
- Gesture, Room, Environment
- Verbal Information – Can take time to process
- Schedules- Now, Next, Later

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Tips to Keep on Task

1. Take time to observe the child and environment to identify the barriers to completing tasks.
2. Adapt tasks before the activity. Let the child experience success & finishing a task
3. Encourage responses (whether right or wrong, do not constantly correct).

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4. Have examples to show them what is expected. Give them realistic expectations. Show a range of examples

5. Organisation. For example: have pencil sharp and ready, page ruled up, book opened to correct page etc.

6. Give a preventative break during the task.

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7. Limit choices e.g. rather than choose an animal, list three.

8. Create a quiet area for them to work. (ensure how equipment they need)

9. Highlight the easy parts first, so they don't get stuck on "difficult parts" etc. (Download: Traffic Light Strategy)

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10. Ensure clear, concise and explicit instructions.

**** Remember Fade Prompts – Aim to Teach Independence**

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Your Words Matter

Remember Literal – Words can be confusing

- 'Can'
- 'Look'
- 'Could', 'Would'

* Support by being an interpreter

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Organisation Can be Difficult

- Use Systems
- Pencil case.. Not too many things- minimising choices
- Taking things home- plastic sleeves etc
- (Have organisation systems at home)
- How can I help be more organised and independent?

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Timers /Clocks

- Pre-warn 5 or 10 Minute warning
- Adapt Tasks to realistic timeframe

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Using Social Scripts

- Very important 'Tell what to do', 'keep positive'
- See PDF for how to write your own social scripts
- Make videos, role play, re-read, make copied and revisit

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Change your Mindset

Particular important for perfectionists and those who have a fear of making mistakes.

Download "Your Words Matters"
Use the kid's words to make their own

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Mindset - Mistakes

- Mistakes can be VERY frustrating for kids with ASD as they can't see another answer/option OR feel like they put in a HUGE effort to get it wrong.
- Tick, cross and 'O' for Opportunity for Learning

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Motivating - Rewards

- What rewards them!!
"Use their special interest no matter how bizarre"
- What would they choose to do if left alone

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- Make sure achievable and quick to achieve
- WHEN & THEN (WHEN finish work THEN can look out window)

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Module 3

- ✓ Your 10 Strategies to Make a Difference
- ✓ 10 Step Implementation Checklist
- ✓ Download your Certificate of Completion of Course

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NOTES

Armed with the tools
of understanding and
confidence much can
be achieved.



Top 10 Strategies to Make a Difference

1

2

3

4

5

6

7

8

9

10

10 STEP IMPLEMENTATION CHECKLIST

Goal for Student	Strategies to try	Support Materials/Resources to use
i.e. Teach student to be okay making mistakes	<ol style="list-style-type: none"> 1. Change Your Mindset (instead of saying 'I'm dumb' say 'I can do this!') 2. Use O for Opportunity when they make mistakes 	<ol style="list-style-type: none"> 1. Change Your Mindset Activities from Lesson 9 2. Make a social script about everybody makes mistakes and how to fix up mistakes
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