



# The Ability Center

Making independence possible since 1920

- [Back to School Guide \(PDF\)](#)
- [Home Office Ergonomics Tips \(PDF\)](#)

## Tips

- **Stay flexible!**
- Limit screen time not related to school work
  - If screen time is necessary:
    - Turn on something educational (PBS Kids)
    - Turn your child's screen time into extended educational time. Use probing questions to your child:
      - What is going on?
      - What do they think will happen next?
- Write down your daily routine so the family can see it.
- Continue clear communication between your family and their provider. Talk about barriers, roadblocks, and share what is working well in the home.
- Create a work space for your child
  - They should be doing work at a table if able
  - Provide sufficient lighting in the area
  - Organize their supplies and label them
  - Factor in clean up time and organize supplies at the end of each day
- Work on language skills whenever possible during daily activities
  - Watching tv
  - Doing the dishes
  - Playtime
- Remember that providers and teachers are there to help problem solve – no question is too trivial.
- Remember you are not expected to become an expert in your child's professional care
- Attempt to recreate or mimic support as you can in the home with household items.
- Keep your child comfortable. Consider the support of their feet. If a child is not stable, they will not focus.
- If toys or games are visible in the "work area" either move them or throw a sheet over them.
- Look to your district to confirm where platform your child should be using and review instructions with them when received.