

## Parent Tip #3

**Establish a schedule. Schedules are important for you and for your child, especially if you are also working from home. Set clear expectations and goals with your child.**

- **Keep bedtime and daily routines intact, and work with your family to establish a daily schedule for learning at home. For some students that might mean following their classroom schedule as closely as possible, especially if their class is meeting virtually through ZOOM or other methods.**
- **Some schedules and goals may need to be visual. Ask your child's teacher for the class's schedule, post it, and stick to it as closely as you can. Some students will need support, such as *social stories*, to make even minor adjustments to the schedule, so be patient and as consistent as you can. Post clear goals that you and your child have agreed to.**
- **You may need a daily chart, so that your child can check off each item as they complete it. Cutting apart the schedule, writing or snapping a picture of the start and end times for each section, and taping up one item at a time next to the clock may also help your child visualize the day and the progress toward his or her goals. (be sure to establish the goals they are willing and able to work towards)**
- Adapted from Florida Inclusion Network

