

TIP SHEET: TEACHING NATURALLY

Continue to incorporate skills that your child **has or is working on** into your daily routine. By keeping expectations the same, your child will be more likely to succeed and maintain this skill once they are back to their regular routine.

Consider what goals you and your child were working on prior to changes due to COVID-19: what is appropriate/reasonable to focus on in the home environment?

The easiest way to do this is to think of natural opportunities that come up, when some 'teaching' can be snuck in! It may help to ask yourself, "**How can I incorporate maintaining skills into our regular day routine?**"

Some examples:

- Communication: what are my child's current communication goals? Can I **set up opportunities** for them to request for items appropriately (using the right method for them – gesturing, using PECS, using words) to build their **independence**?
 - at meal times – ask for specific foods, utensils
 - when getting ready to go outside – ask for coat, shoes
 - during morning and evening routines
- Daily Living: what are my child's goals with respect to self-care or independence routines? Can I try to maintain expectations and continue to support my child to try to do things on their own (e.g., dressing, completing homework)?
- Play: if one of my goals was to increase play skills, how can I set up opportunities for my child to play with toys or materials that are appropriate for them? What level of help do they need in order to work on their play skills?

This time is busy (to say the least!) and very challenging. Capturing quick and natural opportunities when they occur is a great way to help your child maintain their skills.



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