

Dear parents,

Supporting your child's sensory needs during their distance learning sessions may help them stay engaged in the activities being presented. Here are some sensory strategies/tips for making your child's distance learning session successful:

- Have a "distance learning ROOM" or a space where you will be for every distance learning session.
- Please make sure your child is dressed for school for each distance learning session.
- Be sure your child has used the bathroom, eaten some food and is 'ready' for school prior to the start of his/her session. It is important that an adult be present with your child (pre K to 3rd grade) during the distance learning session.
- Please have your child's 'school tools' always in the learning space and dedicate those tools for 'school use only.' (pencil case with sharpened pencils, crayons, scissors, glue, etc.)

To optimize your child's experience, you might want to consider the following.

- You will want to have your google meet screen in speaker view, not gallery view. This will make it easier for your child to see and attend to the speaker.
- If you have access to a tablet or a computer, the bigger screen is easier than a smartphone to view the class.
- Connecting your device to a television with an HDMI cord may help your child because the screen will be bigger.
- If you have a smart TV, there are mirror apps for smartphones that will also allow you to cast the image onto your TV.
- Position the device you use and the furniture in such a way that distractions are out of view (facing a blank wall, not a window)
- Headphones or earbuds may be useful to focus attention on the speaker and block out ancillary house noises

Your child should have access to a place to [sit or lie on their tummy](#):

- Some ideas/strategies that may help your child attend:
 - For **reading**:
 - Bean bag chair
 - Stack of pillows-your child can 'sandwich' between the cushions
 - Create a retreat space using a laundry basket or box stuffed with pillows or cushions
 - Use a partially inflated beach ball as a chair cushion
 - Use a pool noodle beneath their feet to wiggle
 - For fine motor/OT time, **writing** tasks and **math** time:
 - Create a space for a [stable body position with good foot support](#):
 - Child size table/chair

- Regular table/chair with booster seat and a box or footstool beneath feet
 - Your child may need a chair with arms to create more stability
- For movement breaks:
 - Floor space free of obstacles
- Keep fidgets nearby--especially for time when your child needs to be listening (instructions, stories, etc.)
 - Something to hold/squeeze/stretch i.e. rubber band, piece of silky ribbon, piece of velcro, stress ball/toy,
- The adult nearby can provide [‘dots/squeezes’](#) to the students’ hands during the story
- Use a weighted lap pad, stuffed animal or blanket
- Wear a baseball cap
- Some students benefit from knowing their schedule. Keeping a to-do/done schedule in their work space may be helpful. A [time timer](#) may also be helpful.

Distance learning sessions will be most successful when we provide support to your child’s sensory needs. Being mindful of these needs and using a trial approach to choose what supports are most beneficial for your child will help to support learning. Please reach out to your child’s teacher with any questions or concerns about how best to set up your distance learning space.