

Home education tips and strategies for parents/carers of children with neurodevelopmental profiles

- Sit down with your child and make a timetable for each week day. Agree on activities to allocate to a time slot for each day. This may reduce anxieties and create a routine. Fill each day with activities from waking up to bed time, include any home-schooling as well as other fun activities/chill time/watching TV etc and normal activities such as having lunch, having a bath etc.
- Keep activities between 20 minutes and half an hour to maintain attention on activities/subjects that aren't as enjoyable.
- Use an egg timer/stop watch/clock on the table to provide a visual prompt of how long is left on each activity.
 - It may be useful to give 10 and 5 minute warnings when the activity is coming to an end.
- If your child is struggling to complete set work, put a 'reward time' onto your timetable, with an activity they enjoy. However explain the activity can only be done if all work is completed. E.g- Choosing the board game to play in the evening, choosing what film is on TV in the evening, spending an hour rather than half an hour on a video game etc.
- Prioritise important subjects/lessons. If your child is really struggling with home schooling, focus on Maths & English for short bursts and then complete other activities such as memory games, baking or cooking, drawing or colouring, watching science experiments on YouTube or searching workouts on YouTube.
- If possible, have a work space separate to a play space, which has no distractions/objects around it.
- When setting a task, use a checklist and write down broken down steps of what needs to be done in the task. Each broken down step can be ticked off as it is done and means if your child forgets what they should be doing it is in front of them visually.