

## A Simple Approach to Help your Child with IEP Goals while Sheltering at Home

With so many COVID-19 restrictions, your child is most likely home with limited community interactions. Many parents and caregivers are stressed, struggling to work on school assignments, activities, and related services. What's most important to remember is the purpose of the goals in your child's IEP – to work on skills and activities in different environments in order to build independence. Previously, most of the work was done in your child's school or during community outings. Now, most of the activities need to happen at home. Be gentle on yourself. You're not expected to accomplish all that was done at your child's school. Here's a way to help make this simpler for you.

1

Take out your child's IEP. If you don't have access to it, ask your child's teacher or case manager to provide you with a list of your child's overall IEP goals.

2

List each of the IEP goals on the worksheet provided or in a notebook.

3

Think about family routines and activities at home and how they might fit under each of your child's goals (e.g. personal hygiene, household chores, family leisure activities, your child's interests and hobbies.) If you're having trouble sorting activities, ask your child's teacher or therapist for help.

4

Each day of the week, check off the tasks or activities your child has done. On the back of the sheet, you can write down successes or challenges that your child experienced and what supports were needed. It might be helpful to take a picture of your child working on various activities.

5

At the end of the week, send a copy of your worksheet to your child's teacher or therapist. You can include some of your pictures too. Let them know about your child's progress and difficulties.

### Here are some helpful tips...

- Be realistic with the activities you select. If they're too complex or difficult, your child may not be successful. Ask your child's teachers or therapists for tips that worked at school.
- Include activities you can do together as part of your daily routine, such as preparing a snack, exercising, watering plants, and putting away groceries. It's fine for your child's school activities to work around your schedule. Try to maintain a consistent schedule so your child knows what to expect. It's alright for your child to work on activities during the weekend, if that's what works for you.
- Be flexible with your expectations. There are many ways to do the same thing. Your child may find new ways to complete the same task.
- It's alright for your child to repeat skills already learned. This helps to maintain the skills. For new activities, you may need to break them down into smaller parts and to provide some help or guidance.
- For academic activities, work with your child to create a place with the least amount of distractions. Your child can help set it up and gather the materials needed. Let this be your child's own space for daily school-related assignments. Ask your child's teacher or case manager to provide resources to support your child's academic work.
- The therapists who provide your child's related services (e.g. OT, PT, speech therapy) can also give support. Perhaps the speech therapist can help your child review a worksheet or the physical therapist can offer ways to exercise at home.

# Sample IEP Home Activity Worksheet

Child's Name: \_\_\_\_\_

Week of: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Mon	Tues	Wed	Thu	Fri	Sat	Sun
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**IEP Goal:** Increase independence in functional daily living skills

**Related activities:**

make the bed	☺		☺			☺
get dressed		☺	☺		☺	☺
make dinner				☺		
follow a schedule		☺		☺		☺
sort laundry			☺			

**IEP Goal:** Increase leisure and recreation skills

**Related activities:**

toss ball	☺					
draw or color	☺	☺	☺	☺	☺	☺
work on a puzzle					☺	
take turns when playing a game				☺		
read a book					☺	

**IEP Goal:** Increase vocabulary

**Related activities:**

read a book together					☺	☺
write and define new words heard in a movie		☺			☺	
play word rhyming game			☺			
match words with definitions	☺					
word search puzzle				☺	☺	



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Child's Name: \_\_\_\_\_

Week of: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Mon	Tues	Wed	Thu	Fri	Sat	Sun
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IEP Goal:

Related activities:


IEP Goal:

Related activities:


IEP Goal:

Related activities:


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Related activities:




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