

Distance Learning Behavior Quick Tips

Brought to you by the TCSOS BCBA and RBT Team

We are here to Help!

Set Up the Learning Environment.

Make sure to use a quiet and distraction free space to maximize the opportunity for learning. You should have all needed materials available and easily accessible to your learner. Use your supports: schedules, break cards, token boards, etc.

Create and Teach Rules/Expectations.

It is important to come up with 3-5 simple, realistic and developmentally appropriate rules. You can come up with the rules together with your learner. Make sure the rules are clear and that your learner understands them. Teach the rules, practice them using examples and non-examples, and provide your child positive feedback when they are following the rules.

Examples of Rules/Expectations:

1. Stay in your work area
2. Follow directions
3. Use kind words

Create positive and negative consequences for following/not following the rules. The consequences must be valuable to your child so they have buy-in for following the rules.

Examples of Consequences:

Positive consequence: Extra time on their tablet.

Negative consequence: Lose access to their tablet for one of their break periods (they can try again for their next break).

Provide and Use a Variety of Supports (visuals, schedules, token boards, timers, etc.).

Supports are put in place to minimize the opportunity for disruptive behaviors and sets the tone for expectations. Visuals help your child get their needs met, schedules help keep them on track and know what's coming next, token boards help motivate your child to complete their work, times signal transitions, and reinforcers are what your child is working for. If disruptive behavior occurs, remind your child of what they are working for and what their expectations are to get there.

Give Choices.

Our learners typically do not have a lot of choice or autonomy when it comes to their day. Create a list of acceptable choices your child can make to have some control over their day: what they are working for, break time activities, where they complete their work, what time they will sit to do work, etc.

Provide Reinforcement/Feedback Throughout the Day.

One of the most valuable forms of reinforcement is positive attention. Provide your child with praise and feedback for following the rules and directions. Some children respond well and will stay on task using edibles. You can provide your child with small amounts of a preferred snack that they only have access to while they are working. Who doesn't like food while they work?! ☺

For more in-depth information, Keep an eye out for our Narrated PowerPoint Trainings @

<https://portal.tcsos.us/> and/or <https://www.tcsos.us/educational-services/social-emotional-learning/>

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