

R - Learning From Home

1. Practice imitation skills during the day through:
 - Music
 - Art
 - Cooking
 - Exercise + Movement
2. Work on vocabulary and matching skills:
 - Have him help set the table. Tell him to “get fork”, “get plate”, etc. and help him place it on the table in preparation for meals.
3. Practice retrieving items during a simple cooking activity (i.e. making pudding):
 - Tell him to “get a bowl” (to put ingredients in)
 - Tell him to “get a spoon” (to stir ingredients)
4. Leisure activities:
 - Place 2 leisure items in front of him and have him make a choice. If possible, place a photo in front of the item.
 - Encourage him to hand the photo or item to you to indicate what he wants to play with.
5. Practice retrieving snack or cooking items from your cabinet:
 - Tell him “get raisins”, “get crackers”, etc. and help him retrieve the correct item versus what he may want to eat.
 - Use photos if you can to help with comprehension.
6. Practice rejecting unwanted items/objects by pushing item away:
 - Comment by saying “no” or “no books”.
7. Practice requesting more of an activity or food by helping/having him sign more.
8. Encourage him to tap or pull your arm to gain your attention.

9. Practice requesting food items during meals:
 - Provide him with his communication binder with photos. If photos are unavailable, encourage him to distal point to a preferred item when holding up 2 items in front of him 3-4' away.
10. Practice following directions:
 - Tell him to “put in sink”, “throw in garbage, or “put in laundry basket.”
11. Continue to implement sensory diet/regulatory strategies at home.
12. Practice following a safety directive:
 - When appropriate say “R___ stop, come back.”
13. Practice having him use 2 hands to put his sneakers on and pull velcro.
 - Without confusing him; maybe practice before going outside for a walk.
14. Encourage participation skills, imitation skills, and direction following:
 - Play kickball, a relay race, or musical chairs.
15. Encourage him to feed himself:
 - Using a spoon and stabilizing his bowl.
16. Play catch with him.
17. Practice putting on his shirt.
18. Practice using 2 hands to zip his own coat (after you engage the zipper).
19. Increase his attention span and ability to participate with materials:
 - Work on interacting with instruments and books.
20. Play a simple game:
 - Encourage him to take turns by passing the spinner, dice, or game to a family member.