

J - Learning From Home

1. Continue utilizing his iPad to communicate at home.
2. Practice setting table:
 - Have him retrieve plate, fork, spoon, bowl, and cup by saying “Get X”
3. Practice washing the table after meals.
4. Practice counting items (1-3)
 - This can be done at anytime
 - Ex: counting crayons, utensils, pretzels, etc.
5. Encourage him to tap or grab a family members hand/arm to gain their attention:
 - Ex: Help him tap Dad to gain his attention to ask for a snack.
6. Encourage independent work skills:
 - If possible, provide him with puzzles, matching activities, and objects to put together.
 - These can be teacher-made books that have been sent home
7. During mealtimes, when you have soft foods, help him use a fork and butter knife to cut his own food.
8. When possible (without confusing him) have him practice tying his own shoes.
 - He can do this before going outside to play.
9. Work on participation skills, imitation skills, and following directions:
 - Play kickball, a relay race, or musical chairs.
10. Exercise with him.
 - Complete 5 repetitions of the following exercises:
 - sit-ups (secure his legs by holding them)

- toe touches
- marching in place

11. Continue working on toothbrushing.

12. Work on having him wash his own face with a washcloth.

- Provide hand-over-hand assistance.

13. Play a simple board game:

- Encourage him to take turns by passing the spinner, dice, or game to a family member.