

In This Issue

**Distance Learning
Tips for Success**
by Sarah Dobosiewicz,
OTR/L

**3 Tips for
Positioning**
by Denise Hoover OTR/L
CHT

**Take a break and
MOVE**
by Lindsay Rowland, OTR/L

**Book Club Corner:
"Adventures in
Veggieland"**
by Marta Graf, OTR/L



Contact Us

3665 Kearny Villa Rd.,
Ste. 300
San Diego, CA 92123
Phone: 858-966-5829
Fax: 858-966-5859

3605 Vista Way, Ste. 201
Oceanside, CA 92056
Phone: 760-758-1620
Fax: 760-945-0758

11752 El Camino Real,
Suite 100 San Diego, CA
92130
Phone: 858-793-9591
Fax: 858-793-1153

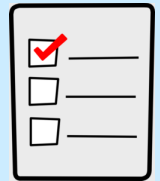
25170 Hancock Ave,
Ste. 275
Murrieta, CA 92562
Phone: 858-966-8300
Fax: 858-966-8251

Distance Learning Tips For Success

Have you made the transition to distance learning? Are you overwhelmed with how to best support your child's learning from home? If you answered yes, consider these tips and strategies to help your child *achieve* and *maintain* academic success! Not all suggestions may be appropriate for your child, and any concerns should be discussed with your teacher or OT.

WORK SPACE SET UP

- Select a space to use consistently for learning, preferably with a desk and chair. Use natural lighting in the room when possible.
- Limit distractions in this space- remove clutter and position child facing away from windows, doors, hallways, and other distractions.
- See tips for proper positioning on the next page.



ORGANIZATION STRATEGIES

- Use a visual schedule or daily planner and have your child cross out each activity as they are completed.
- Create a color coding system for each subject (i.e. all supplies, binders, and books for math are marked with red stickers or in red crate)
- Use a reward system, such as a simple sticker chart. A sticker can be given for good behavior or work completion, and a small reward can be earned when the chart is filled.

ATTENTION STRATEGIES

- Consider different seating options that allow for movement and attention, such as therapy balls, seat cushions, exercise band around the front chair legs to kick against, a pool noodle under feet, etc.
- Use a simple visual timer or auditory timer to establish how long students should be engaged in an activity and/or how long they have to finish a task.
- For students who are easily distracted, consider using noise cancelling headphones or ear plugs during individual work time.
- Try using a white noise machine or a metronome for background noise.
- Consider oral sensory mouth tools like chewing gum, drinking a yogurt or smoothie through a thick straw, sucking on hard candy or ice, offering chewy and crunchy snacks throughout the day, and using a chewable pencil topper or chewelry as needed.



Take a break and MOVE!

Movement is essential to learning. Encourage it before, during, and after distance learning:

- Chair push ups or wall push ups
- Jumping jacks
- Animal walks (bear, crab, frog), or running in place
- Musical chairs, hot potato, or a dance break
- Simon says, or Red Light Green Light
- Scavenger hunt
- Hand fidgets like playdoh, Velcro stuck to underside of desk, etc.
- Yoga poses with deep breathing (try Cosmic Kids Yoga App or on YouTube)
- Balloon volley ball
- Gentle stretches: rolling neck, raising arms above head, shaking out hands



3 Tips for Positioning

1. Make sure desk and chair are the appropriate size for your child: feet should be flat on the floor, and arms should rest comfortably on the desktop without shoulders being too high or too low. Back should be straight and supported.
2. Use a foot rest, ream of paper, weighted shoe box, 3 ring binder, or game box under your child's feet if they cannot reach the floor.
3. Consider placing a pillow behind their back to give better back support and make the chair a better fit.



Book Club Corner: “Adventures in Veggieland” By Melanie Potock, MA, CCC-SLP

“Just try it!” “Take a bite!” “I promise you’ll love it!” How many times have you heard yourself saying those same phrases to your child as you battle over that last bite of broccoli? Telling our kids who are not naturally interested in new vegetables to “just try it” doesn’t work!

Melanie Potock, a speech therapist specializing in feeding, has created an inviting book designed to help you teach your child all about vegetables! In the introduction, she provides a great summary of many therapy techniques we use here at Rady Children’s Hospital summarized into a simple phrase:

“The 3 E’s”

- Exposing** your child to new foods daily
- Exploring** new foods in fun ways
- Learning what new foods can be added to **expand** your child’s diet.



The book is organized by season so you can be mindful of only focusing on a few vegetables at a time, and eat vegetables in season, which means they are much more likely to taste yummy! Each vegetable has a section dedicated to a fun food exploring game and then a few recipes that can feature each vegetable. The book also highlights what cooking tasks can be safely completed by our child, with the right child-safe cooking supplies. Happy food exploring!