



BEHAVIOR @ HOME

Activity Schedules and Visual Supports

Parents are having to be all things for their children and this webinar will show parents how to create activity schedules and simple visual supports to help the whole family at home. Activity schedules and visual supports are simple tools that can make a big difference throughout the day. This webinar will review the benefits of activity schedules and visual supports and how to make them at home.

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Hosted by Family Focus Resource Center

<https://www.csun.edu/family-focus-resource-center>

Simple tools that make a big difference	
Importance of Schedules	Consistency Between Home and School
Activities keep kids engaged and prevent challenging behavior Many kids do not have skills to engage in activities themselves (fill their time) Schedules help kids know what to expect	Matching a school routine might help It will help kids to have some things that they are used to Make changes that meet the needs of your family
Schedules for Your Family	Get the Family Involved
Are you working from home while your kids are learning from home? Are you working outside the home while others are caring for your children? Does a weekly or daily schedule work best for your family? Do you need both a weekly and daily schedule?	Working together to create a schedule will help the whole family Have a family meeting Allow everyone to share their schedule and activities they would like to do Make it fun! Give everyone the chance to give input Be flexible
Review the Schedule	Notes:
Make the schedule the day or night before Review the schedule in the morning Reviewing helps everyone know what to expect	

Visual Supports Signs Activity Menus Reminders Written posted rules	
	Activity Menu List of activities to choose from Free time list List activities child can do on their own Activities kids can do together Notes:

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Simple Behavior Strategies

This webinar will share simple behavior strategies that can be used at home to prevent challenging behavior and help maintain calm at home. Strategies include those that are used in school settings that can also be used at home during school closures. Presenters will review how to use the strategies and the benefits of each.

May 13th at 3:00pm

Registration and more information at:

<https://www.csun.edu/family-focus-resource-center/webinars>

Use this link to access all the resources shared during the presentation along with templates to create your own schedules and visual supports.

<https://tinyurl.com/FFRCBehavior>