

Lunch and Learn with VCU-ACE

Return to School:

In-Person, Virtual, or Hybrid

Staci Carr and Carol Schall



Housekeeping

- For educational and quality control, we will be recording this zoom session.
- By participating, you are consenting to being recorded.
- Before this session is shared, we will edit to remove identifying information to protect your privacy.
- The Q&A section will be removed and only be shared in transcript



It's very confusing!

- https://www.youtube.com/watch?v=oeAN8Xxz0q4&feature=emb_logo



-M. C. Hammer



Choices

- In person
- Virtual
- Home Schooling
- Learning Pods
- Hybrid

Every parent right now



The 2020 Backpack

In-Person Learning

- Mask wearing
- Management of your property (pencils, crayons, lunch, etc.)
- Hand hygiene
- Social Distancing

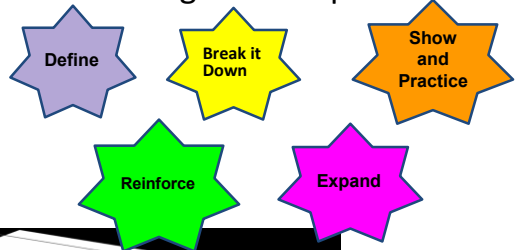


Virtual Learning

- Schedule and Routine
- Computer Attention Span
- Completing Assignments
- Communication
- Building Learning into Everyday Activities



Filling the Backpack





Keys to Filling the Backpack

- **Define** the Skill
- **Break it Down** into Smaller Steps
- **Show** how to do the skill **and practice** the skill multiple times a day
- Provide **positive reinforcement** for your child when they are successful at the skill
- **Expand the skill** by *time, amount of independence, ability to manage self, etc.* while performing the skill, independence



In-Person Example

- **Define:** Putting on personal face covering over nose and mouth. Keeping it on for entire learning period
- **Break it Down:** <http://vcuautismcenter.org/te/covid19.cfm>
- **Show and Practice:** wear a mask to play on the computer or watch TV.
- **Positive Reinforcement:** Praise your child for wearing their mask
- **Expand the skill:** Wearing the mask longer, in more places, putting the mask on by yourself, remembering to pack the mask in the backpack



Virtual Learning Example

- **Define:** Turning the computer on for the day's lesson
- **Break it Down:** Turn the computer on, log into lesson platform
- **Show and Practice:** Do the lesson and activities
- **Positive Reinforcement:** Allow child to play favorite game after lesson is done, Praise your child for doing their work
- **Expand the skill:** do two lessons, do a lesson then
 independent on your own



Stress, Fear, Trauma



About the possibilities of either location



What Can We Do NOW?



Understand Trauma

- Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences.
- Trauma is inevitable



What do we see with ASD and Trauma?

- Diagnostic overshadowing (is it autism, anxiety, depression, or a trauma response)
- Similar to individuals without ASD (disturbances in arousal and reactivity: aggressive behavior, self-destructive behavior, concentration problems, sleep difficulties)
 - With autism
 - perception of changes in above be



First thing first--- Self-Care

- Give yourself grace
- Practice being self-compassionate
- Accept uncertainty
- Model and practice flexible thinking
- Explore resources already available to help you and your family!



Support and Engage

<https://vcuautismcenter.org/COVID19.cfm>

Let's look at our resources!

All of our "Return to School Videos are here:

<https://www.youtube.com/playlist?list=PLJ7MF9GDcom1vKQmTO-Chwp3KR4Mmpv>



Upcoming Topics

Date	Topic	Presenter
Aug 13, 2020 12:00 -1:00	Parent Engagement	Kendal Schwartzentruber and Families

Registration Link: <https://vcuautismcenter.org/le/lunchandleam.cfm> Or, go to the www.vcuautismcenter.org and click on Lunch and Learn



For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu

