Lunch and Learn with VCU-ACE
Alicia Hart & Stefanie Paul
Preparing Your Child for the Early Childhood Classroom in the Time of COVID-19

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 as an anonymous transcript.
Welcome to the Three-Part Series!

Today’s Objectives

• Discuss the challenges related to school openings in the time of COVID-19
• Describe evidence-based practices to support the needs of young children with ASD as they transition to the classroom
• Provide examples of different practices / strategies
• Questions and answer opportunities
A Tale of Two Students

Returning Students

- Learning *different* rules and routines from when they last attended preschool in the spring

New Students

- Young children who have never attended preschool and are not accustomed to school-based rules and routines

Potential Changes for Schools

- New bus riding rules
- Drop off / pick up changes
- Temperature checks
- Mask or shield wearing (adults and/or students)
- Increased handwashing
- Increased cleaning throughout the day
- Physical distancing (marked spots for lines)
- Individual supplies for activities / needs
- Altered play opportunities
- Quarantines
- School closures during isolated outbreaks
Some children may have already experienced some of these changes in their communities.

How can we help support young children with ASD as they transition back to school in the time of COVID-19?
Evidence-Based Practices for ASD

**Antecedent-Based Interventions**
- Physical structure
- Visual clarity
- Visual supports
- Schedules and routines
- Transitions
- Choices

**Social Communication Interventions**
- Functional Communication
- AAC
- Social narratives
- Video modeling
- Role-playing
- Peer-mediation

**Applied Behavior Analysis**
- Task analysis
- Prompting
- Reinforcement
- Systematic Instruction

EBPs can be used ANYWHERE!

- In the classroom
- At home
- In the community
# Evidence-Based Practices to Prepare Children for School Changes

## Antecedent-Based Interventions
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## Social Communication Interventions
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## Explaining COVID-19

### How you can help
- Prepare or use a pre-made social narrative about COVID-19.
- Watch age-appropriate videos about COVID-19.
- Be positive and reassuring about what is happening.
Preparing Your Child for the Bus

How you can help

- Work with your child’s teacher so that you know the steps of getting on and off the bus.
- Talk with your child’s teacher about creating a visual support to help your child while on the bus.
- Find out the new rules for riding the bus.
- Prepare a social narrative about what to expect on the bus using the steps and rules you’ve been given.
- If a video is available, watch that with your child again and again.
- Plan something motivating for when your child gets off the bus that can be used with a First / Then support.

Preparing Your Child for Drop Off / Pick Up

How you can help

- Talk with your child’s teacher and learn the steps of drop off and pick up procedures.
- Talk with your child’s teacher about creating any visual supports to support this process.
- Prepare a social narrative using these steps and talk about what might happen during drop off and pick up.
- If your child’s school has a video about new procedures, be sure to watch that ahead of time.
- Be consistent in your drop off and pick up routines.
- Use a transition activity.
Temperature Checks

How you can help

• Prepare a social narrative about temperature checks (waiting in line, standing still, etc...)
• Practice at home ahead of time.

Multiple Transitions / Altering Schedules

How you can help

• Use consistent home routines.
• Create and use a visual schedule for home.
• Use timers to help a child know when an activity will end.
• Use First/Then visual supports at home.
• Use a calendar to identify days for school and days for home.
• Use a task analysis for teaching routines like handwashing.
• Incorporate handwashing throughout the day at home to prepare for handwashing at school.
**How you can help**

- Prepare a social narrative about seeing people wearing masks / shields or having to wear one.
- Watch age-appropriate videos about wearing masks.
- Practice wearing one at home and in the community.

**Mask / Face Shields**

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**How you can help**

- Prepare a social narrative about quarantines / school closures.
- If in a quarantine, use a calendar to mark off time passed and use visual supports like Today I feel...
- Watch an age-appropriate video about quarantines.
- Use physical structure in the home to mark off clear spaces that are ok to use.
- Use visual supports as reminders to stop a child from entering certain rooms.
- Maintain a routine and use a schedule at home.

**Quarantines and School Closures**
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Let’s Try One Together: Handwashing
Let’s Try One Together: Handwashing

Where do you start?

Task analysis!

Let’s Try One Together: Handwashing

So now you know all the steps, what’s next?

Create a visual support!

Turn water on

Step 1:
Let’s Try One Together: Handwashing

You can model the skill yourself but you can also include a video model.

https://www.youtube.com/watch?v=M0v_2E30Um8

Let’s Try One Together: Handwashing

Now that you’ve created a visual support and are modeling the skill, how do you teach the child to wash their hands?

Prompting!
Let’s Try One Together: Handwashing

What else can you do to help teach the skill?

Reinforce!

Let’s Try One Together: Handwashing

Now think about adding in a social narrative.

Explain why it’s so important to wash our hands right now.
Let’s Try One Together: Handwashing

Now create a visual schedule for home and include times for handwashing throughout the day.

Resources

The Virginia Commonwealth Autism Center for Excellence (VCU-ACE)
https://vcuautismcenter.org

VCU-ACE Early Childhood COVID-19 Playlist
https://www.youtube.com/watch?v=0d2ADe2r9Xs&list=PLj7MF9GDCmmjppgZ_gqYp5xiGV0uhq-t
## Upcoming Topics

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Registration Link: [https://vcuautismcenter.org/te/lunchandlearn.cfm](https://vcuautismcenter.org/te/lunchandlearn.cfm)
For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu