



Back to School 2020 Top Tips for Moms

We asked top experts for their #1 tip for moms for this crazy back to school time. Here's what they said.

FROM PARENTING WITH ABA



just breathe

This time is extra crazy. Just breathe, mama. The fact that you are seeking tips and downloaded this ebook shows that you CARE. You are doing a good job! We are all doing the best we can with what we have today. And the good news for you? You now have a whole lot of new ideas from the tips shared here!

My tip for you: remember that you are not alone. We are all in this together. Whether you are doing in-person school, distance learning/ virtual school, or homeschool- we are all in this together!

If you are feeling alone or overwhelmed, we have a ton of online resources for you! Want to find like-minded parents? Join the [Parenting with ABA Community](#) on Facebook. Looking for more help and direction? Check out all the options available at [ParentingwithABA.org](#).

This time is extra crazy. But we got this. Together!



LEANNE PAGE

BEHAVIOR ANALYST, AUTHOR, PARENT COACH
[PARENTING WITH ABA](#)



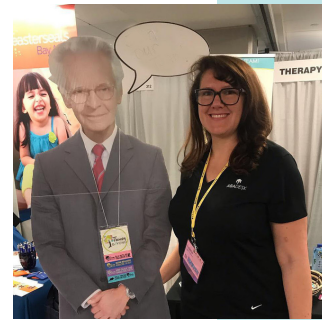


DR. GENA LESTER

PHD, COUNSELOR, AUTHOR, EDUCATIONAL
CONSULTANT
EDUCATION PREP CENTERS

Set up a routine. Set up a school-specific area. Preferably not in their bedroom. Working in their bedroom can cause them to have issues sleeping. Especially if they are working sitting on their bed. Make sure they have a set bedtime and wake up time. Have them get ready for school just as if they are leaving. Routines are very important in being successful.

Start with having them work in short bursts (as long as they can handle successfully), and praise/reward their success. Modify the work time based on how successful you think they'll be (ex. shorter work times for sleep deprived/grumpy kids).



JANE LOGVINOVA

BOARD CERTIFIED BEHAVIOR ANALYST, CO-FOUNDER ABADESK
ABADESK

Use to do lists with your kids to let them know the "must do" tasks of the day and have a separate list of "can do" activities. Help them learn to prioritize and have some choice of what gets done when, with how much help, and what other activities are available if they get through the "must dos".



ALLEY KELNER

CLINICAL DIRECTOR
MAGNIFICENT MINDS





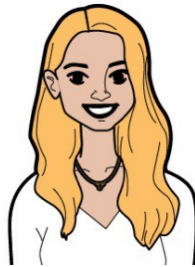
HELLEN ADEDIPE

BOARD CERTIFIED BEHAVIOR ANALYST
PINK SCRUBS AND A PRAYER

Remember to take time for YOURSELF. Back to school can be stressful enough, but the midst of a pandemic that stress may be intensified.

In order to be the best version of yourself, it is important that you set aside some time just for you. Whether you wake up earlier than your children to have some coffee and read a devotional or you exercise at some point throughout your day, setting aside some time to take care of yourself can help you feel your best. Therefore allowing you to be ready to take on virtual school or traditional schooling for your children!

Use visuals to create structure!



MORGAN VAN DIEPEN

BOARD CERTIFIED BEHAVIOR ANALYST
ABA VISUALIZED



DANIELLE BRATTON

BOARD CERTIFIED BEHAVIOR ANALYST
POST COFFEE PARENTING

School at home and homeschool are not the same thing. If school at home isn't working, homeschool may be a better fit!



Homeschooling my kids made me realize that they haven't been active learners in the classroom, so I can't expect them to understand how to grapple with and master a new concept (yet!) Even as a trained teacher, the switch to at-home learning was hard! To help my children see that "learning" is more than "listening to the teacher and half-heartedly completing an assigned task" I made a list to help them see the different ways we can all learn, remember and express new things.

They chose two options from the list to engage:

- watch
- read
- write
- play
- draw
- move
- explain to someone else
- build

At-home learning can be difficult, but learning is so much more than tasks and worksheets, so our homes are full of opportunities. Independent and self-guided learning is a great goal, but there are so many little steps along the way, so be gentle with yourself and each other.



AMELIA BOWLER

BOARD CERTIFIED BEHAVIOR ANALYST, AUTHOR
CREATIVE CONNECTED PARENTING



COURTNEY BILTON

BOARD CERTIFIED BEHAVIOR ANALYST
BILTON BEHAVIOUR

Keep working toward your goal! Things might look much different than you expected, and you might feel really uncomfortable or disappointed or frustrated. Just keep taking small steps toward what matters to you and your family. The new school year doesn't have to be perfect immediately. You don't need to have all the answers at once. Continue making those difficult choices one-by-one as you slowly, but surely, create a learning plan that works for you and your child(ren).



Make sure kids and parents get ready as if it was a normal day going to school/work. Set alarm, eat breakfast, get dressed for school/work and make sure you have all the supplies needed for the day in your area.



EVELYN CASTILLO-FUNDORA

LICENSED SCHOOL PSYCHOLOGIST
MY SCHOOL PSYCHOLOGIST, INC



DAN MCFADDEN

BOARD CERTIFIED BEHAVIOR ANALYST
BEHAVIORFLOW

Harness the power of routines. We all function better when we know what to expect, and establishing a "new normal" routine is going to be super helpful for both us and our children through this uncertain time. Create schedules, stick to them the best you can, and don't forget to include plenty of fun items like "recess", "break", and "Mommy's wine time". You've got this!

Use visuals and reminders to make the new online or in person school schedule and the socially distant safety requirements a routine. If your child needs to wear a mask to school every day, place them on a hook near your child's backpack so they remember to grab one. If your child has online classes starting at 8:10, create a visual schedule that shows the class times. Building routines will make the unusual elements of this school year feel less unexpected and more normal.



KRISTEN EVANS

BOARD CERTIFIED BEHAVIOR ANALYST, SPECIAL
EDUCATION TEACHER
DATAMOM





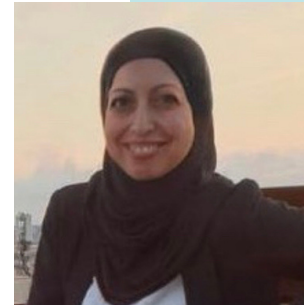
CHRISTINA CONNER

BOARD CERTIFIED BEHAVIOR ANALYST
PARADIGM BEHAVIOR

Practice the technology whether it be mouse skills or practicing talking through a web call like Zoom. Lack of computer skills, a mouse that doesn't fit their hand, left handers, you name it, could affect their academic scores. To practice a web call, the child could use the preferred device (laptop, tablet etc) while you join the call on your phone. As a game, you could say simple directions like “act like a monkey” to make sure they are listening through the device. You could even try a zoom scavenger hunt like “find me something blue and show it to me”. New computer and technology skills are being expected of kids. Help them out by practicing ahead of time.

The success of online and distance learning is heavily based on managing your time. An important skill for kids to learn as so much of their time is managed by parents or a school timetable and bell! Involve your kids in making a timetable, have them draw it up to be colourful etc and put it up where all can see so no need to ask who is doing what. Mum and dad make one for themselves too if still working from home.

Homeschooled kids learn to time manage early on and it's a super skill to take into adulthood.



SALMA

HOMESCHOOL AND PARENT EDUCATOR
VALUE ADDED PARENTING

My #1 tip is too make a schedule and try to stick to it. Embed breaks - snacks - taking a walk- brain breaks, etc... School should still be engaging and fun, even though it looks so different! And I would tell parents that this isn't perfect and to know that they are doing a great job!!!



ROSE GRIFFIN

SPEECH & LANGUAGE PATHOLOGIST, BEHAVIOR ANALYST
ABA SPEECH



Hi Parents! One of my top tips in regard to virtual learning is to try to carve out a dedicated space for your child to learn, as well as a dedicated space for you to work from home if you are doing so. An organized and stable surface, proper seating and lighting, and an environment free from distractions (as much as possible!) are key to effective learning and productivity. Having a dedicated space will also help you separate school/work from home life, which for many has become increasingly challenging this past year! Consider involving your child in the process of designing his/her workspace, and allow for some special items to make it feel inviting and comfortable. You've got this!



LIZ WILLIS

SPEECH & LANGUAGE PATHOLOGIST,
BEHAVIOR ANALYST
COMMUNICATION AND BEHAVIOR SOLUTIONS



DANIELLE & AMANDA

BEHAVIOR ANALYSTS
NAVIGATING BEHAVIOR CHANGE

Stick to a routine and have a schedule. Keep things as similar to the way they were pre-Covid. I.e. wake the child up at the same time, eat breakfast at the same time each day, etc. This will help with predictability.

Start small, utilize the premack principle,
& do the best you can!



EMMY MOORE

BEHAVIOR ANALYST
LATTES & LAMINATING





My #1 tip is to “set a routine.” Use, for example, visual schedules or iPhone reminders to help remember what needs to be done and when. And, of course, reward your child for following the routine!

DR. RON DACHMAN

PEDIATRIC PSYCHOLOGIST & AUTHOR
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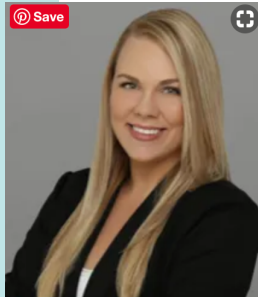
My top tip is to give yourself and your child grace to mess up and not get it 100% right. Remember they are learning as well.



JERVAL JOHNSON

BEHAVIOR ANALYST
[LIFE WITH ABA](http://LIFEWITHABA)

Keep the context of everything in mind, and be incredibly kind to yourself. Amp up your self compassion now more than ever... remember you are a human, not a super hero. Know that you doing your best is always good enough.



JESSICA ZIELSKE

BEHAVIOR ANALYST
[THE BLONDE BEHAVIOR ANALYST](http://THEBLONDEBEHAVIORANALYST)

*we
got this!*

Give your child regular undivided attention (special time) – 15 minutes a day. During this time no multitasking (put your phone down), no demands or criticism (don't tell them what to do). Follow their lead, notice them, make them smile, play, join their world. Repeat every day. Children desire their parent's attention and they will consistently engage in behaviors to get that attention (good or bad behaviors). If they are getting their fill of attention for free (noncontingent reinforcement) then they will be less likely to engage in behaviors to get your attention through inappropriate ways. Making this time a priority will build the positive interactions and improve your relationship and their behavior. This is especially important now when you are not just the parent but also the teacher!



BRIANNA KAUER

BEHAVIOR ANALYST
CREATE BEHAVIOR SOLUTIONS



SHAYNA GAUNT

BEHAVIOR ANALYST
HOW TO ABA

Parenting is a sales job. If your children see you anxious, they are going to be anxious too. We are all anxious, but as parents, it's our job to reassure our children. Take a deep breath, smile, and fake it till you make it.

*we are
better together*

My tip and signature phrase for parents is always "What you ATTEND TO will CONTINUE" We must make sure that we pay MORE ATTENTION to expected, desired and positive behaviors so that we can see them GROW. If the only time you interact with your kids is to tell them what they have done that is wrong then they will receive more attention for engaging in undesired behaviors than they do for positive and productive behaviors. NOTICE AND NAME what you see that is right.



ROBIN WILLIAMS

BEHAVIOR ANALYST
SIMPLIFY BEHAVIOR



RACHEL OLSON

PODCAST HOST
THE SWEETEST AND TOUGHEST JOB

My #1 Tip for parents would be to try to have grace in the everyday enormity of remote learning and try to approach it positively for your child, they follow your lead!

Keep a daily schedule that is similar to a normal school day -- everyone gets up, makes their beds, gets dressed, eats breakfast, brushes their teeth, and tidies their room. If children are doing school in their room, the orderliness will free up emotional space for better learning. Having lunch foods on hand and posting the meal plan at the beginning of the week can help settle family members and also equip the kids that are old enough to take the initiative to get things started themselves some days. Structure and consistency with the daily schedule will help everyone. Post clearly the class schedule and set a timer or set alarms to give children "bells" to remind them to get to their next class.



BRENNA STULL

AUTHOR, PARENT COACH
COACH MOM