



## DOWN SYNDROME ASSOCIATION OF SOUTH TEXAS

### THINGS TO DO AT HOME WITH YOUR CHILD

Now that your child is at home, you may still want him/her to continue “learning” since schools are closed now. All of you know that this wonderful population need visuals for EVERYTHING! The more visual the concepts are the better! You can use this time to develop visual tools for you to use at home. Here are some ideas for you. Feel free to share more ideas with us!!! Have fun at home!!

#### **Idea 1 for those needing clear directions:**

- Take pictures (even if it's with your phone!) of the common areas for your child. For example, bedroom, bathroom, kitchen, play room, TV room, outside, etc.
- If possible, print the pictures on your home printer and try to print 2 of each picture.
- If you cannot print them, keep them handy on your phone to use when needed.
- If you print them, put one picture on or next to the item so it is now labeled!
- Keep a set of the 2<sup>nd</sup> picture and show him/her that picture so he/she can connect the picture with the item.
- Show him/her the picture (printed or from your phone) and name the place and ask him/her to find the place and match it.
- He/She can also keep the pictures and then they can show you the picture and name the place when he wants to go to that location.

**Idea 2 for those needing minimal directions:**

- Ask your child to come up with a daily schedule of things he/she can do in a day.
- If help is needed, you can give the child old magazines where they can find pictures that help him /her come up with a schedule. If the child has trouble, he/her can also “record” his schedule too and then you can help the child write it out ... or find pictures.
- Get some poster board or a big sheets of paper and you can both write out the schedule with words or pictures or whatever you both come up with.
- Put a small box before each activity so he can check off the activities as he/she does them. The child will have a visual of what he/she has done in a day.
- The schedule can change or be updated as often as needed.

**Improving Vocabulary at Home:**

- Ask your child to grab some paper and label as many things as he/she can around the house or even outside. NOTE: It is ok if the child spells wrong at the beginning!
- Once the child finishes, he/she can write them on index cards. This is where you can help him/her with correct spelling....feel free to use the dictionary and feel free to help the child!
- He/she can also include his favorite food, toys, animals, etc.
- Once he/she has them written on index cards, you now have a vocabulary list. Hold on to the index cards and show it him and ask him what the card says followed by conversations and “fun talk” about what the child learned.
- If possible, ask the child to write a story about the words you talked about it and then he/she can read them back to you. If writing is a problem, the child can look for pictures in magazines or in the computer.
- Now you can use these index cards from time to time.
- Feel free to have your own index cards of words so he/she feels like you are both working on this activity together.
- Have fun!!!
- Here are some possible words you can consider listing (the more the better!):
  - Bedroom (he can even name places in his bedroom)
  - Bathroom
  - Kitchen (he can name different things that go in a kitchen and not in another room!)
  - TV room (what are his favorite TV shows?)
  - Computer (what does he like to work on in the computer?)
  - Back yard (lots of thing there!)
  - Pets and their names (he can write stories about his pets too)