



PARENT ENGAGEMENT: DISTANCE LEARNING FOR STUDENTS WITH DISABILITIES

There are many ways families can support learning at home and help foster open communication among members of the IEP team. This document provides you, as a family member of a student with a disability, a quick overview of ways to help your child during a period of distance learning.

► CONSISTENCY

Maintaining a [consistent routine](#) is essential for assisting children in feeling stable during distance learning.

- Set up a daily routine and schedule. Include time for [breaks](#).
- Use a calendar or day planner to keep track of daily activities.
- For students who need more help staying focused, using [an online visual timer](#) may help.
- Limit distractions and arrange a quiet space for your child to work.
- Reward your child by including activities they enjoy to maintain motivation.
- Continue to support [social-emotional learning](#) and skill development.
- Continue to provide [positive behavior supports and interventions](#).

► ACCOMMODATION AND ACCESSIBILITY

Your child's Individualized Education Program (IEP) or Section 504 plan lists the accommodations and/or modifications that help them succeed at school. During distance learning, it is important to know your child's accommodations and practice using them at home.

- Review your child's Individualized Education Program (IEP) if you have it at home. If you do not have the IEP at home, email your child's teacher and request a copy or join [EDPlan Parent Connect](#) for online access.
- Common accommodations include extra time, small group activities, and frequent breaks. Break tasks or assignments into smaller pieces and have your child take breaks as needed. Breaks can be physical or quiet and relaxing.
- If your child uses [assistive technology](#) for schoolwork, help them use it to learn from home. For example, they might use speech to text software, a calculator, or other specific [apps](#).
- Remember that you know your child best. Are there supports they need to help them pay attention? Would it be helpful to have headphones? A fidget toy? Highlighters?
- Students with [significant disabilities](#) may have multiple, complex accommodations and/or modifications. Families should assess what is being asked of them; determine their abilities and resources; advocate for what they need; and, ask for realistic expectations and activities for supporting their children during this time.

➤ SERVICES

A parent has a right to request an IEP meeting to clarify services, supports, and accommodations during this time. Reach out to the teacher to schedule the meeting, which most likely will occur virtually or through a phone conference.

Initial eligibility timelines- If your child is starting the eligibility process and has not yet been identified for special education services, the timeline may be delayed until testing can be conducted with your child in person.

➤ COMMUNICATION

- If you have questions about how to best support your child during a period of distance learning, reach out to their teacher(s).
- Find the mode of communication that works best for you and ensure your teacher knows how to reach you.
- Special Circumstances: If there are health needs (of the student or within the family), food, clothing, or shelter needs, please reach out to the teacher or school site to let them know how to assist you or to provide appropriate accommodations
- Extend courtesy to professionals when possible. Expect a timely response from teachers when you reach out with a question via email or other messaging systems. Teachers may respond during typical school hours.

➤ NO INTERNET AT HOME?

- Cox Communications is offering free internet to families for 60 days. [View more information on this offer from Cox Communications.](#)
- Some districts are providing free hot spots to families. Contact your child's district for details and availability.
- [OETA is providing instructional programming for students](#) during this period of distance learning.

➤ ADDITIONAL RESOURCES

[Special Education Services Home Page](#) | [Distance Learning Guidance for Special Education](#)

[FAQ For Families and Parents](#) | [Parent Center Tips for Virtual Meetings](#)

[Resources for Families During the Coronavirus Pandemic](#) | [Oklahoma Parent Center](#)

[Oklahoma State Department of Education Distance Learning Resources](#)

