



Starting on the Right Foot: Embracing the Challenges of a New School Year

A conversation with
Marydee Sklar and Susan Micari, BCET

Facilitated by
Laura Doto, ET/P

The Association of Educational Therapists is the national professional association for educational therapists. AET defines and sets standards for the professional practice of educational therapy. Educational therapists provide a broad range of individualized educational interventions for children and adults with learning disabilities and other learning challenges. www.aetonline.org



37th Annual National Conference



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October 23-25, 2015

The Power of Collaborative

Relationships in Educational Therapy

Hoffman Estates, IL - Chicago Marriott Northwest



•Featuring

- **George McCloskey, PhD**, lead author of the books *Assessment and Intervention for Executive Function Difficulties* and *Essentials of Executive Function Assessment*
- **Tina Bryson, PhD**, co-author (with Dan Siegel) of the best-selling book *The Whole-Brain Child*

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**A Conversation with
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Agenda

Our conversation will emphasize the following:

- What do kids get anxious about as we start the school year?
- How can we structure the environment for supporting kids?
- How might we manage our own cognitive, emotional and physical space to support kids over time?

Our goal for this webinar is to introduce strategies and routine for scaffolding processes that will support developing autonomy.

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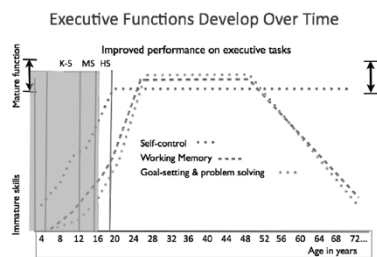
Brain development, emotions and executive functions



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Brain development, emotions and executive functions



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Source: Anderson, Executive Function and the
Brain (Lester A. Stokols, 2008)

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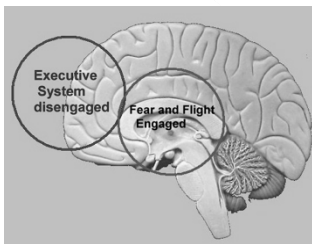


Brain development, emotions and executive functions



Triggers that can prompt executive systems to go "offline"

- The unknown
- The what ifs...?
- Will I succeed?
- Do I remember..?



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Rehearse, Retrieve and Relief



- Read assignments together
- Preview the math that will be coming up this year ; make math fact recall into a game
- Write or dictate a letter to the new teacher
- Schedule a school visit

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Priming the Learning...

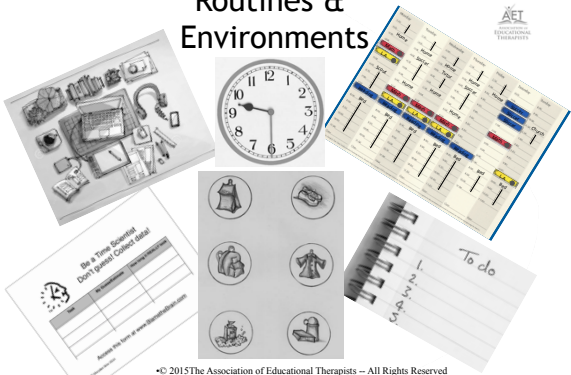


- Post a schedule for giving a little time, daily to practice
- Identify specific opportunities for practice - Reading, Writing and/or Math
- Sit WITH your child to support effort and attention



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Routines & Environments

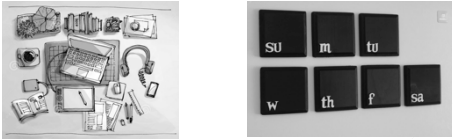


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Considering the Environment

At Home

- Shared calendar/blackboard
- Student work space
- Family problem-solving and conversations




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Considering the Environment

At School

- Lockers
- Navigating the hallways
- Changing classes, switching gears



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Considering the Environment



In relationship

- w/teacher(s)
- w/Case manager

Scripts and self-advocacy



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Become a time Scientist



Be a Time Scientist
Don't guess! Collect data!

| Task | My Guess/Estimate | How long it REALLY took |
|------|-------------------|-------------------------|
| | | |
| | | |
| | | |



Access this form at www.BlameTheBrain.com

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Q & A



Starting on the Right Foot:

Embracing the Organizational Challenges of a New School Year



Marydee & Susan's Top Three



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Thank you for attending
**Starting on the Right Foot: Embracing the
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 with Marydee Sklar, Susan Micari, and Laura Doto

Our next webinar takes place September 17


**Mood Disorders in School: Reshaping
 Best Practices for Clinicians and
 Classrooms**
 presented by Paula Dufault, M.S., BCET

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| Reading | Writing | Math |
|---|---|--|
| <ul style="list-style-type: none"> • Post a schedule for daily reading time. • If there is an assigned book that is difficult or “uninteresting” to your child, read that one together • On your schedule, post the goal of a chapter or page limit per day. • Everybody reads during reading time, and you can be there to help your child with questions • Elicit your child’s point of view about aspects of the book like: what happens (plot), what is surprising, what the character is feeling. | <ul style="list-style-type: none"> • If your child will have to write an essay on a summer read, help your child annotate the text so that finding the most interesting parts of the story will be easier. • Use colorful post-it flags to help your child find information quickly • Most school writing falls into categories that you can have your child practice: summary, analysis, personal response. • Have your child practice paragraph writing in some of these writing categories, and you write one too. | <ul style="list-style-type: none"> • Set aside math time each day, and post a chart so your child can be proud of having done each day’s math practice. • Work with your child to set a goal about kind of math practice he or she most needs. • Emphasize practice, and explain what practice does to keep skills fresh. • Explain that practice will make beginning again in the fall much easier. |
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