

## Set-up Success



### Positioning

#### Desk Positioning

- Computer at eye level
- Table should be at child's elbows
- Feet touching the floor or on a footrest
- Child sized chair

#### For extra wiggly kids try:

- Sitting on a therapy ball
- Sitting on a rolled up towel or sweatshirt
- Wobble chair
- Tie an exercise band to legs of chair to kick against



### Distraction Free

#### If your child is visually distracted:

- Position the desk facing a blank wall
- Use a tri-fold display board as a visual barrier on desk
- Cover nearby toys with a sheet/blanket



#### If your child is distracted by noise:

- Try noise cancelling headphones
- Limit background noise in room



### Fidgets



#### For fidgeting fingers

- Place a hair band on child's wrist to pull and tug during the day
- Add fidgets to the end of pencils
- Squeeze a stress ball

#### Sensory Input

- Chew gum, mints, or sour candy to alert
- Smell a lemon
- Drink something cold out of a straw



### Breaks

#### Body Breaks

- Push the palms of your hands together and count to 10
- Do 10 jumping jacks
- Tense your shoulders then relax



#### Eye Breaks

- Every 20 minutes stare 20 feet away for 20 seconds
- Reduce the brightness of screen if needed