

Strategies for fun and learning at home for kids with DEEs and the whole family

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New ways of living in the immediate world



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Being at home

- With social distancing, children were telling us that the richness of home life within any household has value and creativity
- Irrespective of COVID-19, we spend considerable time in our homes and this is full of resources for growth and development
 - Our own selves
 - Other household members
- In the time of COVID-19, there is extra time at home –
 - Opportunity to reflect, be together and to do things differently
 - Nurturing all family members to participate in home life



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Home participation is activity that is meaningful in the home

- Participation is consistent with therapy principles and is a form of intervention
- COVID-19 enables us to more fully understand participation in the home

Resource available on DEE-P website in the resources section for COVID-19 - Home enrichment



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General guiding principles

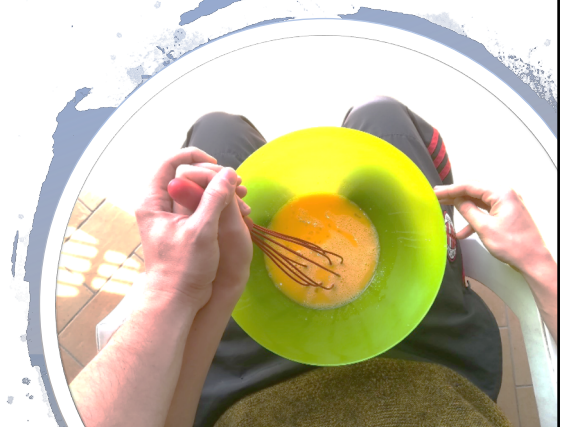
- **Plan a daily schedule** with time allocated to the needs of everybody in your family including you, which of course can change. **Beware not to overwork.**
- **Maintain routines** for waking and sleeping.
- Encourage your child's participation in their **activities and chores.**
- Look for **opportunities for your child to make choices** whilst participating in activities, household chores and other fun activities.
- **Be active** – help them to sit or stand or walk for some activities, being as active as possible in indoor and outdoor environments.
- **Do activities together** and with other family members.
- Continue with therapy activities you already may have, if that works.

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Household chores

- Everyday cooking
 - Choosing, mixing, how does that pesto smell?
- Special baking
 - Pizzas – what should go on top?
 - Cupcakes – how should they be decorated?
- Participating in kitchen activities with a switch to operate appliances
- Helping with chores such as putting out the trash, checking the post, bringing in the washing
- Outdoor and indoor chores



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Personal care

- Schedule for awake, rest and sleep time
 - Draw this or use cards
- Enable choices
 - Which clothes to wear
- Sensory aspects of personal care
 - Massage therapy – shoulders, hands, legs, feet
 - Different sensory stimulations - e.g. a soft brush, feathers, a ball, a smooth stone. Let your child choose – do it for 5 mins and let your child choose again
- Hairdresser games
 - Funny pigtails, braids
 - Nail polish



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Learning and education

- Reading books
 - Look online in your area as many librarians are hosting virtual story hours.
 - Look at Youtube videos of favorite books or websites where you can click on books to be read to your child:
<https://www.storylineonline.net/>
- Art activities
- Music activities
- Foot painting
 - Can be followed by a footbath 😊



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Exercise and activity

- Opportunities for sitting – helps head and trunk control
- Opportunities for uptime – standing and walking
- Standing frame time can be an opportunity for cooking, eating, playing
- Dancing – in sitting, standing or stepping
- Tummy time
- Consider activities in different places
 - In the house and garden



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Indoor play and games

- Indoor house or tent
- Doll play
- Games with bubbles
- Dress ups
- Social games such as tea parties
- Create a bin of “stuff” – rummage and follow with hand washing and applying lotion
- *Opportunities for choice making and interaction with other household members*



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Social interaction at home

- Social experiences of mealtimes
- Talking together as you look through photo albums
- Sensory stimulation when listening to music together
 - Eg hand or foot massage
- Meeting with others using facetime, Skype or Zoom

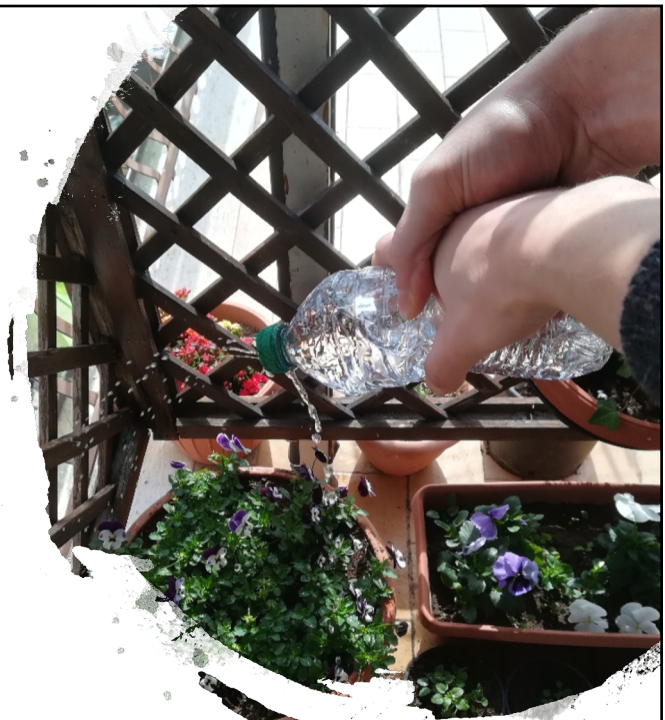
"One of the Family"
Frederick George Cotman
English, 1850-1920



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Nature and the outdoors (QOL)

- Time outside on the patio or in the garden
 - Adaptation to a small water bottle for a small child to hold when watering plants
- Lying on the grass or a mat in the garden
- Being barefoot outside
- Play on a trampoline, swing or slide
- Going for walks



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Home participation with you as the “hub”

- Multiple roles
 - May involve house, family and work
 - Adapting and juggling
 - Solving problems in new ways
- The resource is not to add to workload but to illustrate how everyday activities can be useful for your child
- It also depends on you having time for yourself – you simply cannot do everything and that is OK

Taking care of your mental health during COVID-19

 <p>Stay connected</p>	 <p>Maintain a healthy lifestyle</p>	 <p>Stay positive</p>	 <p>Stay informed</p>	 <p>Seek support</p>
<p>Keep in touch with friends and family via email, social media, video conferencing or telephone</p>	<ul style="list-style-type: none"> • Establish a regular daily routine • Get plenty of sleep and eat nutritious meals • Engage in exercise and physical activities that you like 	<p>Remember that this period of self-isolation or quarantine is temporary and follows expert advice to help contain the virus</p>	<p>Obtain accurate information from reliable sources like the Australian Government and the World Health Organization</p>	<p>Mental health services are available if you're feel anxious, worried or overwhelmed</p>

healthdirect.gov.au/mental-health-and-wellbeing

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