

# Home schooling and COVID-19

## Top tips and resources

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- ❑ COVID-19 has changed the world as we know it so fast and in such a drastic fashion that most of us have been left reeling
- ❑ For those of us with school age children, we have been thrust into a world of home schooling that many of us never anticipated or even wanted
- ❑ If we have dependent adult offspring at home, we are now solely responsible for their wellbeing and entertainment 24/7
- ❑ It is a daunting task



- ❑ We should not underestimate the effects of such a shocking change to routine on any of us
- ❑ We need to find ways to adapt and cope, however long this is for
- ❑ Physically, mentally, emotionally - as carers and parents there will be extra demands on us
- ❑ There will be a series of webinars by Rett UK to help us all find ways to cope and maintain our own wellbeing, starting with:
  - Wednesday 8<sup>th</sup> April 3-4pm
  - *Essential Skills for Rett Families in Challenging Times - Part 1 - Options and Choices: How to feel grounded*



## Home schooling v. COVID-19 Home schooling

This?



Or this?



## Typical home schooling

- ❑ Has an element of choice even if it is not the preferred solution
- ❑ There is time to do research before putting things into practice
- ❑ It is a conscious decision to home school a child
- ❑ Home schooling is not isolating - lessons can take place at home, in groups, attending clubs
- ❑ There are many options to visit places of interest, museums, theatre etc. as well as take part in activities such as swimming, sports clubs



## COVID-19 Home schooling

- ❑ There has been no choice
- ❑ There has been very little or no time to plan/research
- ❑ It is completely solitary
- ❑ There is nowhere to visit
- ❑ Thank goodness for technology...



## My experience so far:

Esme is 9  
She has Rett syndrome

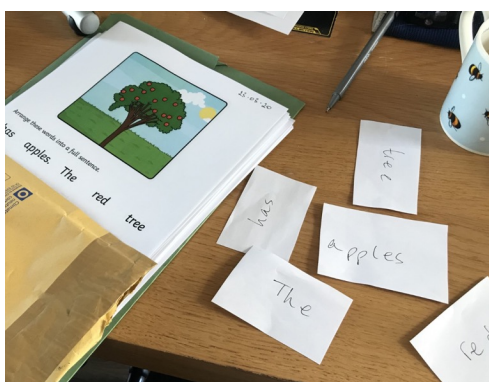


Patrick is 7  
He is neurotypical



## Week 1

We did literacy



And maths



## Week 2

We did some OT



And went on a (solitary) nature walk



## Week 3

We did some writing



And some reading





## We napped and we hosted a virtual disco



## We DIDN'T do much housework

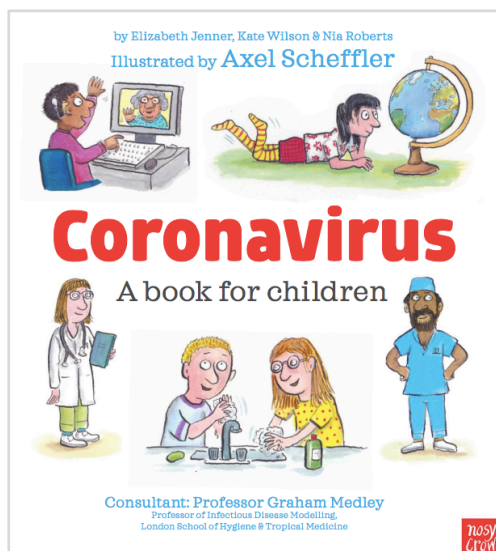


## Into Week 4 and my take-home is this:

- ❑ Do have some structure to the day
- ❑ Be prepared to go with the flow
- ❑ Remember that these times are not normal for any of us
- ❑ Use your imagination
- ❑ Use the technology and online resources that are available
- ❑ Get some fresh air/exercise every day
- ❑ Be nice to each other!



## Talking about Coronavirus and COVID-19:



[https://issuu.com/nosycrow/docs/coronavirus\\_ins/](https://issuu.com/nosycrow/docs/coronavirus_ins/)

## Resources to help you talk to your daughter/son about Coronavirus and COVID-19....

- ❑ Smartbox, Tobii Dynavox, Widgit and Talking Mats have all created pages specifically to address Coronavirus
- ❑ This can help conversations with the person with Rett syndrome
  - If they are worried/have questions
  - To describe how they are feeling
  - To talk through restrictions and hygiene routines
  - If you are concerned that they may have contracted it
  - If they have to go into hospital (we hope not of course)



## Free resources from...Tobii Dynavox

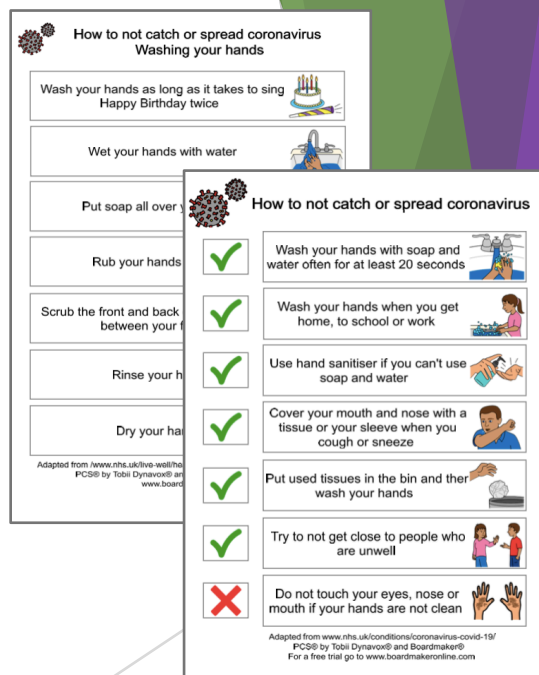
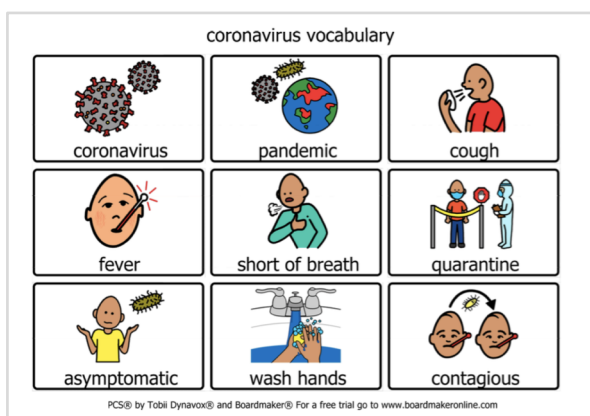
- ❑ <https://www.tobiidynavox.com/en-GB/coronavirus-resources/>
- ❑ Coronavirus activities and resources
- ❑ Coronavirus topic pages for Snap Core First
- ❑ Hospital ICU communication resources
- ❑ At home learning resources - <https://www.tobiidynavox.com/en-GB/coronavirus-resources/at-home-learning/>

### Other (general communication) resources:

- ❑ Boardmaker Online - extended free trial, now 90 days
- ❑ Boardmaker Activities-to-Go - free ready-made activities
- ❑ Snap Core First - 60 day free trial for Windows and iOS
- ❑ Pathways for Core First - free companion app
- ❑ Reading Avenue - free with Boardmaker Online - <https://www.tobiidynavox.com/en-GB/software/web-applications/reading-avenue/>
- ❑ PagesetCentral - <https://www.mytobiidynavox.com/PagesetCentral>



## Free resources from...Tobii Dynavox



## Free resources from...Smartbox

□ <https://thinksmartbox.com/news/coronavirus-super-core-resources/>

- Super Core 30 & 50 Coronavirus topic grids
  - free to download from Online Grids
  - 20 location Super Core Learning Coronavirus grid
  - free pdf download
- Printable low tech grids based on Super Core 50
  - available in Widgit, SymbolStix, PCS
  - free pdfs to download and print

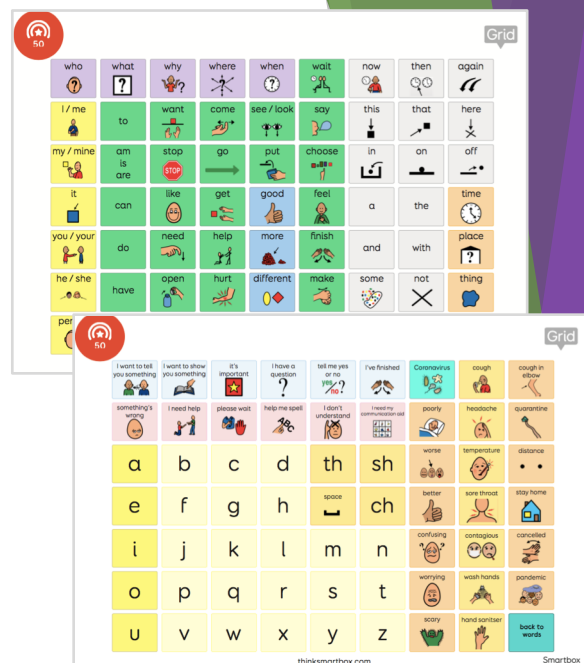
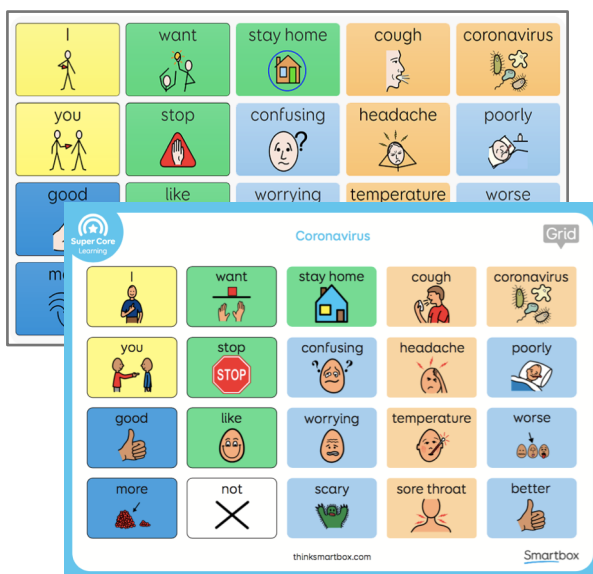


### Other (general communication) resources:

- Low tech communication boards: Super Core 30 & 50 and Super Core Learning
  - free pdfs to download and print - <https://thinksmartbox.com/product/super-core-new/>
- Simple AAC framework with free booklet - <https://thinksmartbox.com/simple-aac/>
- Look to Read - Donation - <https://thinksmartbox.com/look-to-read-donation>



## Free resources from...Smartbox



## Free resources from...Widgit

- ❑ <https://www.widgit.com/resources/popular-topics/coronavirus/coronavirus-widgit-symbols.pdf>
- ❑ Widgit Online, 21-day free trial



### Coronavirus Widgit Symbols

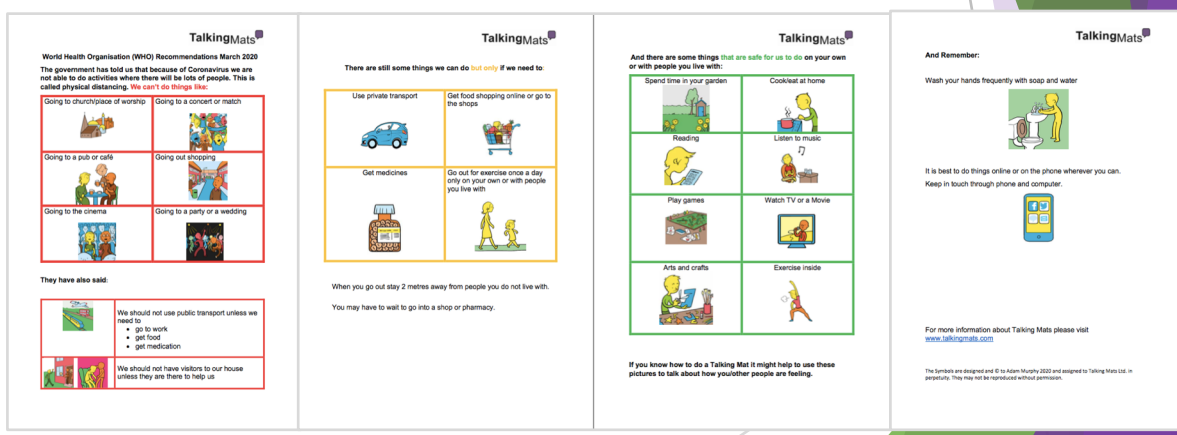
These symbols have been designed to support talking about coronavirus. They are available in Widgit Online and InPrint 3 (version 3.3.5). Simply type the words below to use the symbols in your documents and resources.



Widgit Symbols © Widgit Software 2002-2020

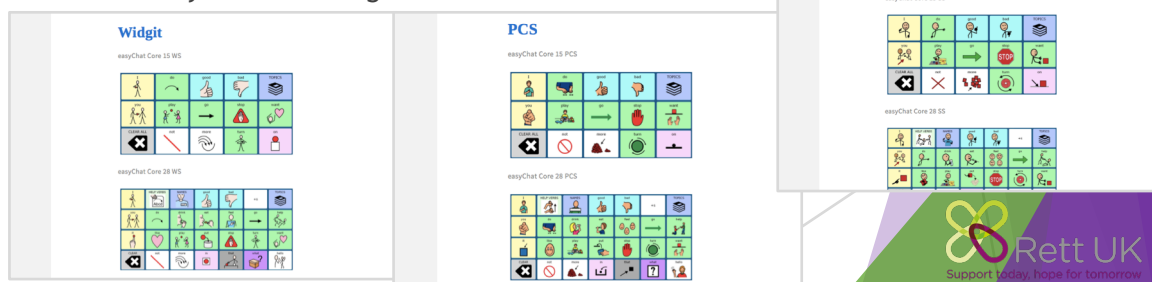
## Free resources from...Talking Mats

- ❑ [https://www.talkingmats.com/wp-content/uploads/2020/03/20200324-coronavirus-easy-read-v3\\_.pdf](https://www.talkingmats.com/wp-content/uploads/2020/03/20200324-coronavirus-easy-read-v3_.pdf)
- ❑ To help talk through the current restrictions



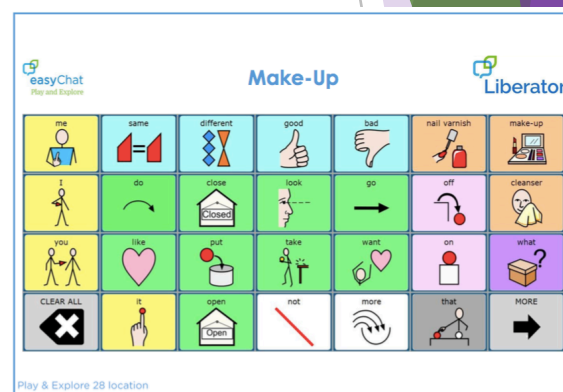
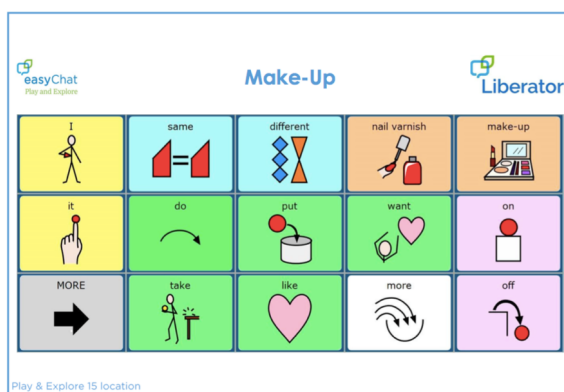
## Free resources from...Liberator

- ❑ <https://aaalanguagelab.com>
- ❑ AAC Language Lab - temporary free 2-month subscription
- ❑ [https://www.liberator.co.uk/resources/manual\\_boards/accent](https://www.liberator.co.uk/resources/manual_boards/accent)
- ❑ Manual boards - easyChat Core/Words/Phrases/Spell
  - 15/28/36/45/60/84 locations
  - available in SymbolStix/Widgit/PCS



## Free resources from...Liberator

- ❑ EasyChat Play and Explore - low tech book of Aided Language Displays
  - 15 and 28 locations
- ❑ <https://www.liberator.co.uk/resources/handouts-and-presentations>



## Free resources from...Rett University

- ❑ All videos available at:
  - <https://www.youtube.com/channel/UCJdnRePgSjUTxfqxUJZ9isw>
  - Or <https://rettuniversity.org/>
- ❑ Free Lessons
  - 1: Scholastic Learn at Home - Susan Norwell (35 min)
  - 2: Adapted Bingo - Callie Ward (20 min)
  - 3: Partner Assisted Scanning for Educational Computer Games - Kourtney Barnum (42 min)
  - 4: Communicating about the Past and Future - Susan Norwell (26 min)
  - 5: Modifying Math - Kourtney Barnum (34 min)
- ❑ Rett U Book Club
  - Videos show Susan reading and modelling selected books using a range of language systems and pagesets
  - Books can be purchased from - <https://shop.girlpower2cure.org/collections/rett-u-book-club>



## Other free resources...

- ❑ Jane Farrell - free download book + lesson plan - <https://www.comprehensiveliteracy.com/store.html#/>
- ❑ Tar Heel Shared Reader - <https://www.sharedreader.org>
- ❑ Tux Paint - <http://www.tuxpaint.org>





## Missing contact with other parent carers?

- ❑ Why not join our Regional Communication Champions for one of our online Communication Support events...
  - “Coffee and Chat” - Thursday 16<sup>th</sup> April, 2-3pm
  - “Wine and Whinge” - Friday 17<sup>th</sup> April, 8-9pm
- ❑ Both events will be conducted using GoToMeeting - register in advance, receive a link to join, make yourself a cuppa or pour yourself a glass of your favourite tippie, turn on your webcam and microphone, then sit back, relax and chat with our RCCs and other parents



## In the meantime, if you have COMMUNICATION-RELATED questions or concerns, or need communication support...

- ❑ Call 07487 526786
- ❑ Or send an email to: [abigail.davison-hoult@rettuk.org](mailto:abigail.davison-hoult@rettuk.org)
- ❑ Coming soon.....more communication activities and resources from Rett UK



## And, if you have general questions or concerns, or need support for other issues...

- ❑ Call the Rett UK helpline, open for extended hours, 9am - 10pm
- ❑ 07557 850025 Mondays, Wednesdays and Sundays  
07557 850024 Tuesdays, Thursdays, Fridays and Saturdays
- ❑ You can also email [support@rettuk.org](mailto:support@rettuk.org)
- ❑ Or send us a message through our Facebook page
- ❑ And you can go to the COVID-19 section of the Rett UK website: <https://www.rettuk.org/covid19/>



<https://justgiving.com/campaign/RettUKSurvivalFund>

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# COVID-19 SURVIVAL FUND

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**RETT UK**  
**COVID-19 Survival Fund**  
Due to the unprecedented situation of the COVID-19 (coronavirus), Rett UK is facing the reality that we may no longer exist without urgent funding.  
Charity Registration No: 1137820

**Rett UK**  
Support today, hope for tomorrow