

Here is a handful of strategies that can help set up kids for success

AT HOME LEARNING can make it harder to keep children's brains and bodies turned on and tuned in.

**Problem** Your child is easily distracted.

**Solution** Set aside a dedicated space that is clutter-free and quiet as possible. Use noise-blocking headphones and consider a privacy partition between children if needed.

**Problem** Your child fidgets with the computer.

**Solution** Provide a tool such as a squishy ball, hand exerciser or fidget toy to keep hands busy.

**Problem** Your child complains of fatigue or headaches

**Solution** Place the screen at eye level to avoid neck strain. And teach your child to follow the 20-20-20 rule: Take a 20 second break every 20 minutes to look 20 feet away. A desk lamp or indirect lighting may also help, or attach a blue-light filter to the computer screen. Get your child's vision checked if the problem persists.

**Problem** Your child complains of an aching hand when writing.

**Solution** Strengthen hands with therapy putty and snap-together toys. You can also add a molded pencil grip to correct grasp, and improve wrist position by placing paper on a slant board, easel or wall. Consult with an occupational therapist if the problem persists.

**Problem** Your child is having difficulty getting going in the morning.

**Solution** Tap into your child's senses by playing some favorite music, giving a quick massage or diffusing an essential oil.

**Problem** Your child keeps getting up and moving around.

**Solution** Schedule frequent movement breaks. Then make sure seating is supportive and comfortable. If your child slouches and slides off the chair, add a lightly inflated, wedge-shaped cushion and a footrest to improve stability.