

PREVENTING YOUR CHILD FROM FALLING BEHIND DURING AND AFTER QUARANTINE: LEARNING, ADHD & REGRESSION



introduction

With much of in-school instruction cancelled for the academic year and parents grappling to juggle the pre/post quarantine life while homeschooling, there has been a growing concern of what has been dubbed the “coronavirus slide”.

Vital stages of early learning are being disrupted and critical foundational skills of reading, writing and math are suffering.

What is worse, many factors surrounding quarantine, including stress, unpredictable schedules, less movement, and increased screen-time have resulted in children presenting characteristics of sensory processing concerns and issues with attention, regulation, and emotional balance.

Whatever the behavior - regression, poor attention, tantrums – the solution is to view these behaviors as a reflection of the state of the brain and neurological system.

Our senses are the foundation for learning and brain functioning. When any of the building blocks of the central nervous system are not functioning correctly, all other skills that are dependent upon it suffers.

We’ve pulled some basic tools from our award-winning home program to better support the central nervous system, improve learning and ADHD symptoms and avoid regression.

4 STEPS TO OPTIMIZE LEARNING



COMFORT



ACTIVATE



LEARN



MASTER









step 1

COMFORT

Provide comfort and safety to the neurological system by feeding the senses.

- Classical music - Mozart
- Essential oils - rosemary, vetiver, nutmeg
- Sensory Swings
- Visual Schedules for predictability
- Timers for predictability
- Soothing parental voice tones
- Relaxed and dynamic facial expressions
- Prioritize sleep

EXAMPLE VISUAL SCHEDULE

MY DAY			
7:00		4:00	
Wake up		Shower	
8:00		7:00	
School		Homework	
2:30		8:00	
Soccer		Dinner	
3:30		9:00	
Snacks		bedtime	

step 2

ACTIVATE

Activate your child's brain based upon their observable behavior.

Over responsive/hyper behaviors:

- Climbing the ceilings
- Excessive talking
- Overreactive to touch or sounds
- Anxious
- Tantrums
- Aggressive
- Emotional distress

Choose these for 10 minutes:

- Heavy Work/lifting with weight balls, push/pulling for obstacle course
- Joint Compressions/Embracing Squeezes
- Deep pressure Input like steamroller, or pillow taco
- Bubble bath or Warm shower
- Sensory bins, dry beans or water beads
- Breathing exercise with extended exhalation
- Rocking in chair, or slowly over ball
- Theraputty or clay for pounding

Under responsive/hypo behaviors:

- Unaware of food on face when eating
- Delay in responding to questions
- Responds with less intensity than peers
- Withdrawn
- Difficult to engage
- Poor body awareness
- Clumsy
- Appears lazy, to have a behavioral problem or a thrill seeker

Choose these for 10 minutes:

- Jumping on Trampoline
- Dog Walking
- Pillow Fight
- Skipping
- Running
- Cooler shower with full body scrub
- Swimming
- Jumping Jacks
- Contralateral Jumps











step 3

LEARN

**Improve brain communication
and efficiency**

- Collect assignment data ahead of the day
- Remove as many barriers as possible to learning setting like distractions in the home setting
- Employ Sensory Breaks to keep them on track
- Modify IEP/504 if possible to lower work volume or extend deadlines

EXAMPLE OF A VISUAL SCHEDULE WITH SENSORY BREAKS FOR A 4TH GRADER

Morning Routine	10 minute sensory break	30 minute school lesson	10 minute sensory break	30 minute school lesson	Reward and lunch	30 minute school lesson	Reward
							



step 4

MASTER

Master skills via frequency, intensity, and duration.

- Increase frequency – the number of times they do an activity
- Increase duration – the length of time they do the activity
- Increase intensity – the complexity of the activity



More Resources:

CHECK OUT THESE LINKS FOR MORE INSIGHT

[How Brain Harmony is Improving Autism
& Sensory Disorders](#)

[How to Stimulate the Vagus Nerve, Treat
Anxiety, Depression, ADHD, and Autism](#)

[Using Neuroplasticity to Rewire Nervous
System or Brain Disorders](#)

Learn more...

NEED MORE SUPPORT?

BOOK A FREE CONSULTATION

Brain Harmony is a team of occupational therapists committed to helping families gain individualized, 1-on-1 access to the most powerful and proven therapy to help both adults and children with any type of learning and performance difficulty – all from the comfort of their own home.

Our programs result in profound improvements in function for disorders including sensory processing disorder, executive function disorder, brain fog, fatigue, learning difficulties, attention and regulation, sleep and stress, autism spectrum disorders, anxiety, auditory processing disorders, PTSD, speech and language delays, dyslexia, stroke and brain injuries including post concussive syndrome.

Our award-winning program produces the most powerful outcomes by combining Brain Harmony protocols delivered by certified occupational therapists with the most progressive technology available on the market. We put our focus on training the caregivers and clients to use neuroplastic tools on themselves with the skill and knowledge of a therapist supporting you. We have closed the gap between outcomes and accessibility making it faster and easier than ever to obtain the change you are looking for.

brainharmony.com