

How to Support Parents With Children at Home During the Pandemic

part two: Patterned Activities

TO HELP THE CHILD PARTICIPATE: SPLIT THE ROLES.

I don't mean splitting the role in a big way such as: you clean this room and I will clean the other room. Rather, I mean split the role of a task/action that is typically done by one person. For example if a table has to be wiped, instead of one person spraying and wiping the table, we split the role: one person sprays and the other wipes/ instead of one person pouring in the ingredients and stirring, we split the role: one person pours and the other stirs/ instead of one person dusting: one person picks up the knick knacks and the other dusts.

We teach this content within patterned activities, wherein the child's role is defined and physically established in a limited way. The most basic type of role is giver/put-er. This role is the easiest role to learn and with this type of role the child can learn to participate in any room of the house and beyond, across multiple tasks:

Application of the giver/put-er simple roles:

In the kitchen:

Silverware into the drawer
Dishes into the cabinet
Dishes into the sink
Dishes into the dishwasher
Food into the refrigerator
Groceries into the cabinet
Food onto the counter
Food onto the table
Food into a lunchbox
Fruit into a basket
Candy into a bowl
Placemats onto the table
Dishes onto the table
Silverware onto the table
Napkins into a drawer
Placemats into the cabinet
Supplies into the cabinet
Salad into a bowl
Veggies into a pot
Meat into a pot
Chicken into a pan
Crackers into a bag

In the bathroom:

Toys into the tub
Towels into a cabinet
Supplies into a cabinet
Supplies into a drawer
Supplies onto the edge of a tub
Toilet paper into the cabinet
Clothes into the hamper

In the bedroom:

Clothes into drawers
Shoes into the closet
Pillows onto the bed
Clothes into a suitcase
Clothes into a laundry bag
Sheets and pillow cases into a laundry bag
Jewelry into a drawer
Jewelry into a box
Paper into a desk drawer
Pencils into a desk
Books and pencils onto a desk
Books on a shelf
Books, notebooks and pencils into a backpack
Pictures in frames onto a bureau

In the family room:

Books on a shelf
Toys on a shelf
Toys into boxes
Magazines on a table
Art supplies into a cabinet
Photos into a box

In the garage/basement:

Tools into a box
Tools onto a workbench
Tools onto a shelf
Boxes onto a shelf
Garbage into the trash bins
Recycling materials into the recycle bins

In the community:

A store:
Food items into the shopping cart
Food and supply items onto the conveyor belt
Supplies into the shopping cart
Items into a carrying basket
Items onto a scale

Fruit or vegetables into bags
Small bags into the shopping cart
Packed shopping bags into the shopping cart
Shopping bags into the trunk of the car
Money into a wallet
A post office:
Mail into the chute
Money onto the counter
Money into a wallet
Mail into a basket

Comments? Questions?

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