Distance learning comes with many things to consider regarding how to best educate and support each student. Specific to behavior, below are some suggested DOs and DON’Ts to use as a guide during distance learning.

**DO**

- Know your district guidance regarding distance learning and assignments during COVID-19
- Establish multiple options for open communication with families (e.g., phone, email, Class Dojo, etc)
- Establish realistic norms/expectations for distance learning
- Communicate norms/expectations with families
- Communicate regularly with families to provide support as needed and inform assignments/instructional lessons
- Determine potential barriers for students/families during distance learning
- Focus initially on encouraging student participation in distance learning *(Examples: make learning fun, practice basic responding and participation skills, practice known skills)*
- Utilize reinforcement during distance learning; consider the student's preferences to establish motivation
- Acknowledge that these are difficult circumstances.
- Be kind to yourself right now, do the best you can. Engage in self-care.
- Contact your SESTA Behavioral Coordinator if you have questions or would like additional support. [https://idahosesta.org/Home](https://idahosesta.org/Home)

**DON'T**

- Be too hard on yourself
- Expect all students and families to participate at the same level
- Wait for families to reach out for support
- Introduce new learning targets initially. Regression may occur during this time.
- Forget to adhere to your district policies and expectations specific to COVID-19 distance learning
- Do this alone, and try not to be overwhelmed! There are a variety of resources and supports available. [https://idahotc.com/COVID19](https://idahotc.com/COVID19)
- Hesitate to reach out for help. Idaho SESTA is here to support you! [https://idahosesta.org/Home](https://idahosesta.org/Home)

*Click here to submit a ticket through the Help Desk.*

*Updated 03/2021*