

Specialised Schooling for Your Child's Special Needs

Homeschooling

What are your options?

Ask yourself this - *“What kind of support system do I have around me if I consider homeschooling for my child?”*

Your family members

You will need family support to juggle between your life, your child's life & your family life.

Your social circle

Ensure you have your social network well in place for some essential & crucial self-care to recharge.



Your peers – other parents

Speak to parents who are currently homeschooling their children. Weigh the pros & cons from their individual experiences.

Your child's peers

Homeschooling may deprive the child of peer interaction which is essential for your child's social development. Identify one for them.

Your health management team

To cater to specific needs that your child may have (depending on the disability) you may require guidance & help from therapists or special educators. Identify your team who you can consult with from time to time.

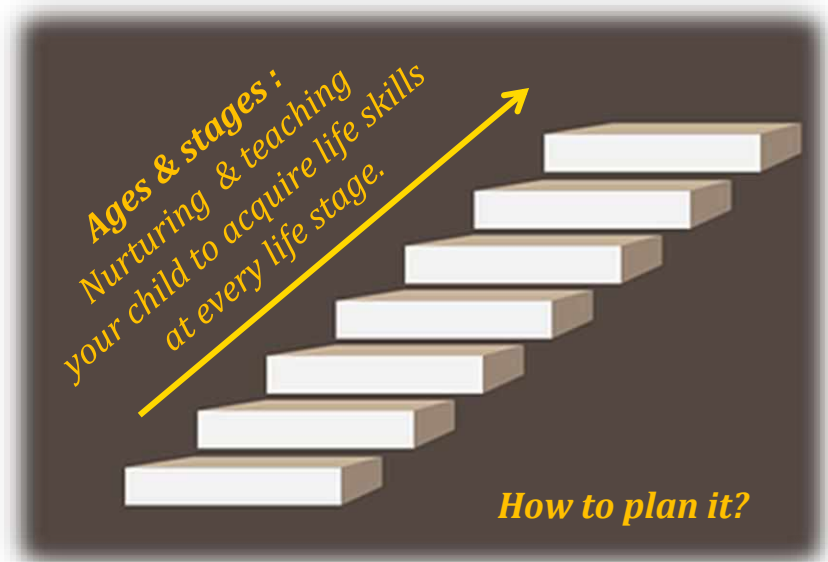
Food for thought – *Ask yourself these questions before you start your research about homeschooling.*

*By introducing my child to academics, **what do I aim to achieve** given his/her disability?*

*Will a **certificate** that attests my child's academic accomplishments enhance my child's life later on? What will **it signify** for him/her?*

*Do I have my **support system** in place when homeschooling my child? If I am sick or unable to continue do I have a **backup system** in place for my child's education?*

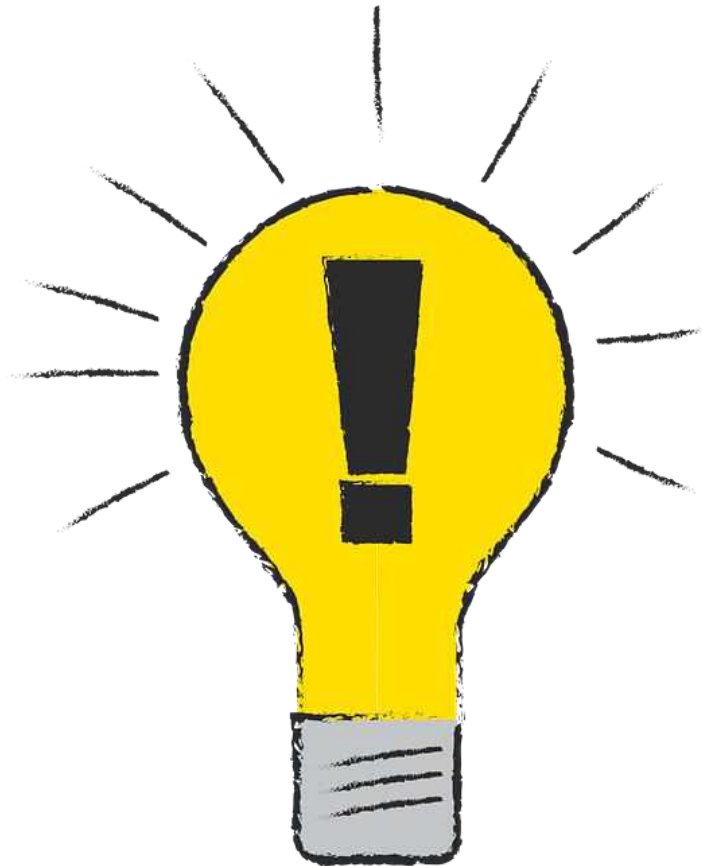
*What are my child's goals for academic training? How do I set **goals & training levels** in accordance with his/her disability?*



When Should I Start Thinking About Schooling?

How to go about homeschooling depends a lot on your assessment of your child's **likely future abilities**.

If your child is already at school, remember you can switch your child to homeschooling **at any age**.



Regardless of how old your child is, if you're considering homeschooling, this information is for you.

How Do I Assess My Child's Abilities?



Assess their:

- **Challenges** : social, emotional, psychological, sensory issues.
- **Cognitive skills**, ability to understand concepts, reading comprehension.
- **Motor skills**, writing skills.
- Rate of development /catching up with **milestones**.

TIP : Use milestone charts to assess where your child stands in various developmental areas to formulate the syllabus best suited for them.

Still unsure?

Connect with parents in your peer group who've considered homeschooling too!

Identifying the right learning style for your child

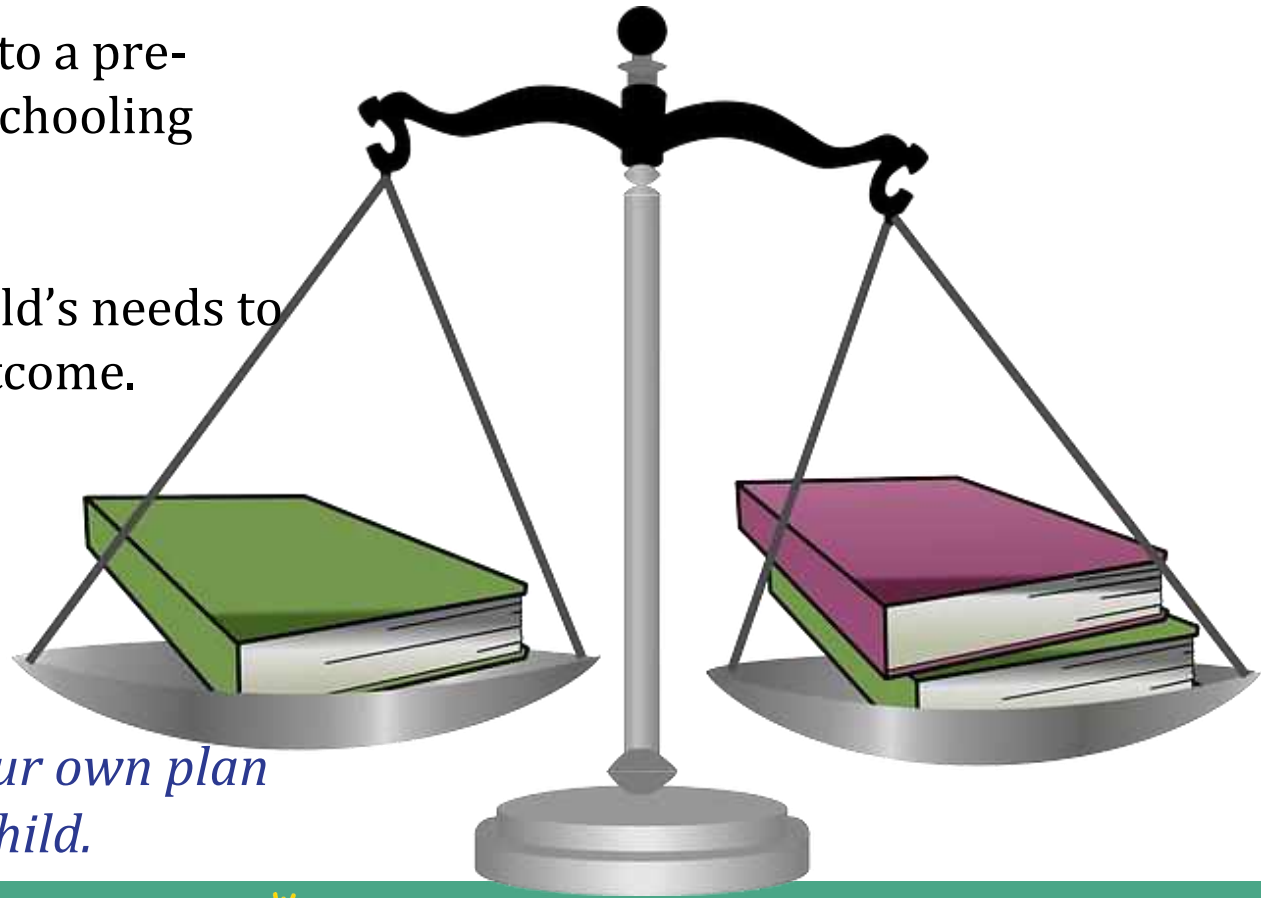
Identify your child's learning style to decide best teaching strategy.

Don't fit your child into a pre-determined homeschooling schedule.

Find one that fits your child's needs to gain the best outcome.



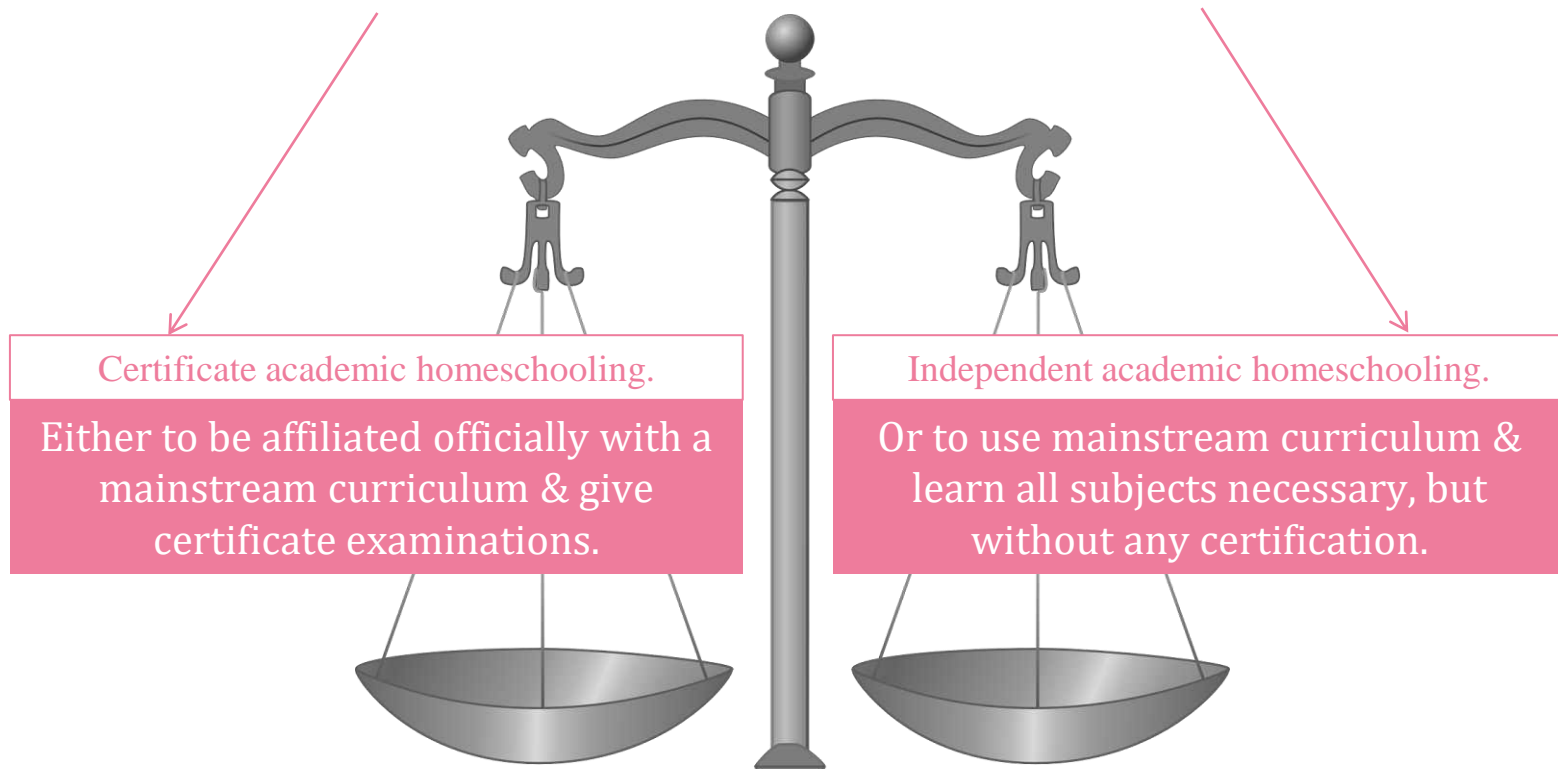
*Create your own plan
for your child.*

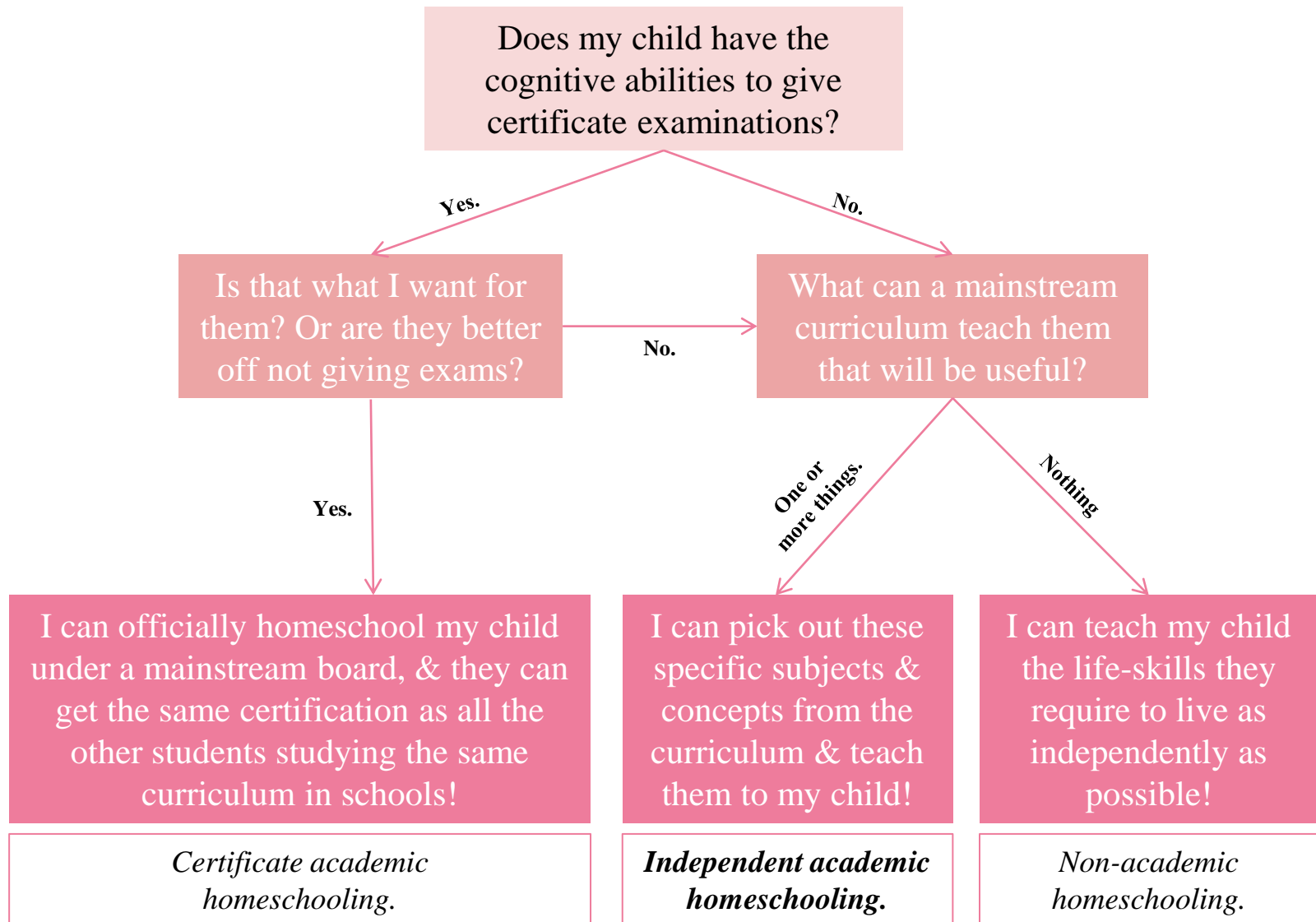


How Do I Assess My Child's Abilities?

When you know where they stand, determine whether or not you want your child to be certified for Grade 10 &/or Grade 12 (highschool).

Your answer to this will determine what is best for your child.







Certificate Homeschooling: Pros, Cons

Pros

My child can avail all jobs & apply to all universities that require certificates.

I will have a set curriculum to follow. I will also have comprehensive study material for that exact curriculum.

It may be easier to find home tutors to assist me in teaching my child.

There will also be a set goal for every term, which means I don't need to plan lesson milestones from scratch.

Cons

They will have to learn at the board's pace rather than their own.

My child be graded, & will be competing with other children giving exams in their grade.

My administrative paperwork load will increase.

I will need to look for other avenues like going to the temple or the mall to get my child to socialise frequently.



Independent Homeschooling: Pros, Cons

Pros

My child can learn at their own pace.

I have full control over what is being taught to my child & how.

I can ensure my child is in a comfortable learning environment.

I will be able to gauge my child's progress continually.

My child will have more free time to engage in non-academic activities they love.

Cons

My child may not be able to apply to university.*

They may not be able to apply to certain formal jobs.*

I will have to do most of the heavy-lifting on my own.

I will need to look for other avenues like going to the temple or the mall to get my child to socialise frequently.

Before you start your homeschooling plan.....

Academic schedule when organized and planned ahead will help you *set goals, assess targets* achieved and *understand* your *child's academic needs* better.



Before introducing your child to academics you may start with some basic skills

- Imitation
- Matching objects/pictures
- Sorting by category, function or feature
- Concepts in everyday life such as -

Big/Small

Colours

Shapes

Full/Empty

More/Less

Same/Different

Before/After

Long/Short

Fat/Thin

Front/Back

Heavy/Light

Wet/Dry

Hard/Soft

Hot/Cold

Loud/Quiet

Far/Near

Day/Night

Sequencing

Prepositions

Tastes : Sweet, Sour, Salty, Bitter

Smells : Common food, Burning (*to teach them danger*)

Homeschooling does not have to start with replicating the school setting at home from day 1.

A good homeschooling schedule is one that is **holistic**

Some core areas to focus on when creating your child's learning schedule that will ensure holistic learning :

Imitation skills

Will help a child subsequently pick up cues from the environment on their own

Imitation skills include,

- *Object Imitation*
- *Motor Imitation*
- *Vocal Imitation*
- *Imitation in drawing & writing*
- *Static v Vs kinetic movements*

Cognitive Skills

Will help a child learn, understand, comprehend, reason.

E.g. Interpreting how to sort objects according to feature/function.

Attending Skills

Will help a child focus, and pay attention to instructions in everyday life.

E.g. Making eye contact, waiting for their turn, Sitting independently on a chair

Gross Motor Skills

Will help a child with coordination of larger body muscles that control balance, movement, body awareness etc.

E.g. Sitting on the floor & standing up, throwing a ball at a target

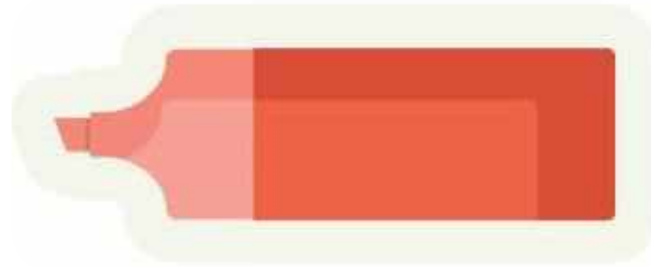
Fine Motor Skills

Will help a child with coordination of smaller body muscles that control holding, grasping, writing etc.

E.g. Threading beads, buttoning shirt, putting objects in a container.

This presentation focuses only on *Independent Academic Homeschooling.*

This means homeschooling without the certificate but picking & choosing from a mainstream curriculum (see slide 4 again).



We will answer questions like:

- How can I decide what subjects to teach my child?
- How can I create a rigorous yet, productive & healthy academic routine?
- What non-academic activities should I include in homeschooling?

And other basics!

Step 1: Choose & Download A Curriculum

Boards have set curriculums that you can use as inspiration. Since you're homeschooling, you have the freedom to **pick & choose** what suits your child from among the different boards.

You needn't stick to one!



Step 1: Choose & Download A Curriculum

Check out the following sites & find the **latest syllabi & learning materials.**

Find what suits your child best & take note!

[NIOS](#) [CISCE](#) [CBSE](#) **Your State Board**



Step 2: Pick The Syllabus For Each Subject

Pick subjects that your child needs &/or wants to learn.

Math

- At least the basics are necessary for their everyday lives. Calculating **discounts & change**, basic arithmetic, fractions, geometry.
- As your child grows older & if they're interested, you can introduce the more technical concepts like probability & algebra.



Step 2: Pick The Syllabus For Each Subject

Science

Consider teaching your child the practical basics such as

- appreciating **nature**,
- parts of the **body & their functions**,
- or anything else you think is both important & likely they'll be able to fully understand.

Once they've grasped this, begin advancing to the **periodic table**, **pollination**, **electricity** etc. & other more complex theories.



Step 2: Pick The Syllabus For Each Subject

English

The first goals for teaching English should be to master:

- basic **everyday communication**, even besides the language you speak at home,
- expressing one's self fully,
- basic **writing such as one's own name & parents phone number**,
- interacting socially, **making polite conversation**, & making friends.



Step 2: Pick The Syllabus For Each Subject

English

- Reading instructions,
- reading subtitles of movies,
- speaking to people you come across in everyday life,
- clearly giving their basic information when asked, etc.

Next, move on the more complex literature like novels & poetry.



Step 2: Pick The Syllabus For Each Subject

Other Subjects...

Pick subjects according to your child's interests & abilities.

- If they keep asking you questions about the stars, see if they also enjoy playing **astronomy** games & puzzles.
- Take them to nearby monuments to build their knowledge of **History**.



Step 2: Pick The Syllabus For Each Subject

- Explain to your child how mountains form, why soil erosion happens, etc. to build interest in **Environmental Science**.
- Talk to your child about what the Equator is, the names of the continents, etc. to build knowledge in **Geography**.



Step 2: Pick The Syllabus For Each Subject

- Practice the concepts that have been taught in theory in the real life situations to understand their practical application.

Choose what you want to teach your child based on their cognitive abilities & interests, regardless of their age!

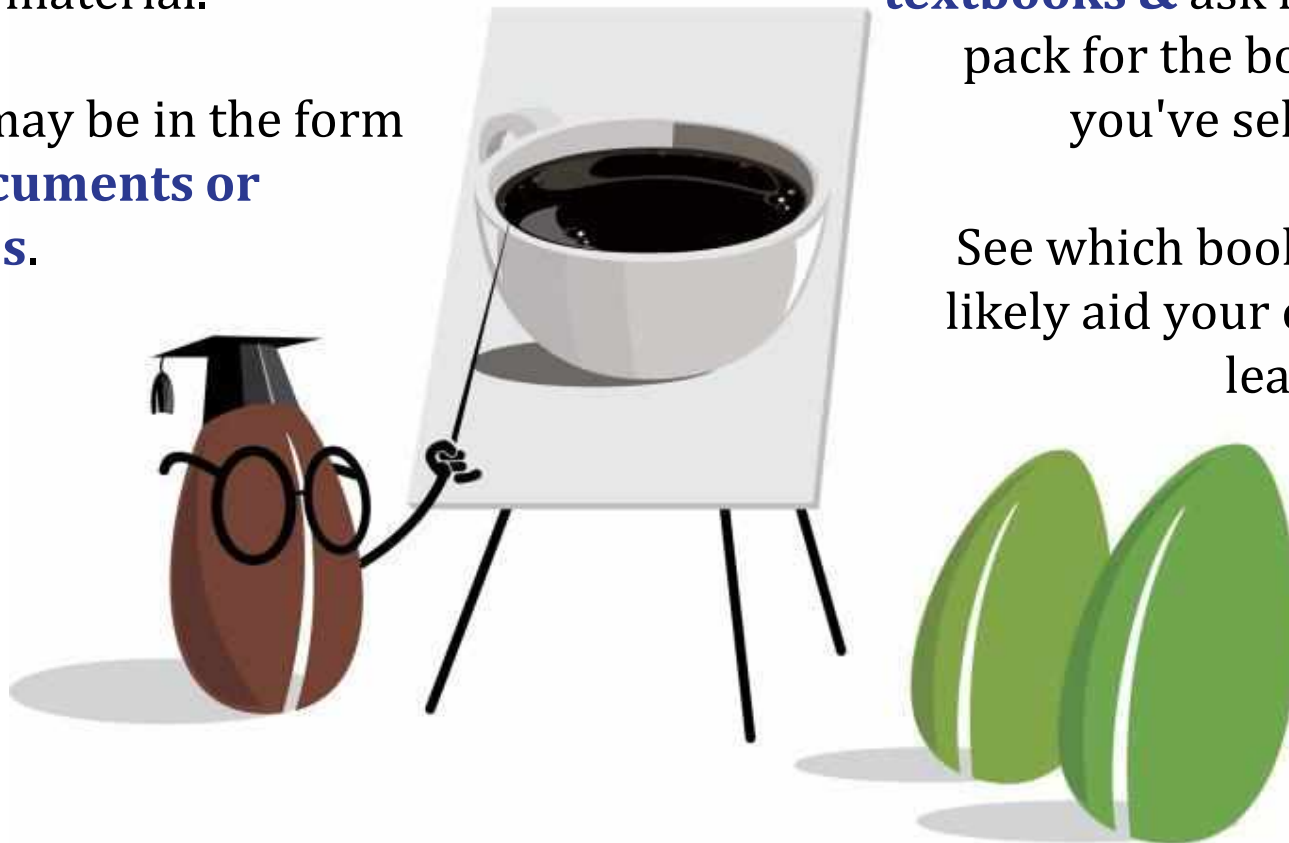
Teach alternate ways of communication to non-verbal children.



Step 3: Find Study Material

Board **websites** should have downloadable study material.

This may be in the form of **documents or videos**.



In addition, go to the nearest store for **textbooks &** ask for the pack for the board/s you've selected.

See which books will likely aid your child's learning!

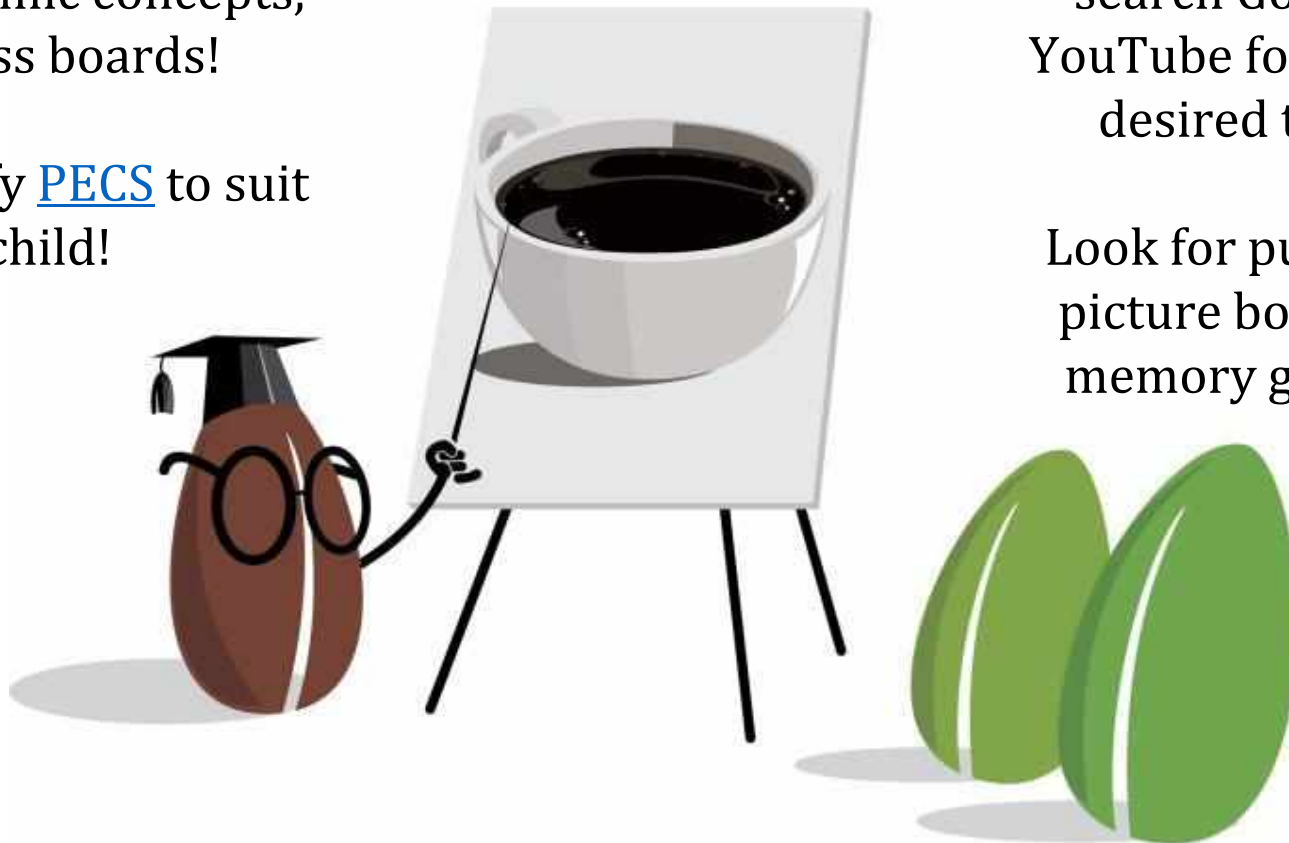
Step 3: Find Study Material

Many other resources on the internet teach academic concepts, across boards!

Modify [PECS](#) to suit your child!

Check out [Khan Academy](#) or simply search Google / YouTube for your desired topics.

Look for puzzles, picture books, & memory games!



Step 4: Make A Time-Table



Let's look at our time-table checklist!

- Make a monthly plan.
- List out the activities.
- Divide the day into time-frames.
- Start the day with daily activities (Bathing, dressing etc.)
- Manage breaks creatively.
- Make it visual!

Step 4.1: Make A Monthly Plan



- Draw up **weekly** goals for each subject you're teaching your child.
- Finally, create a **daily** schedule so your child knows what is expected of them in the short & long run.

Step 4.1: Make A Monthly Plan



Keep in mind your child's learning level & interests.

Don't hesitate to **adjust their goals** according to surprises that may prepone or delay understanding a particular concept.

Step 4.2: List Out The Activities

Start by listing out the activities you want your child to do in the day.

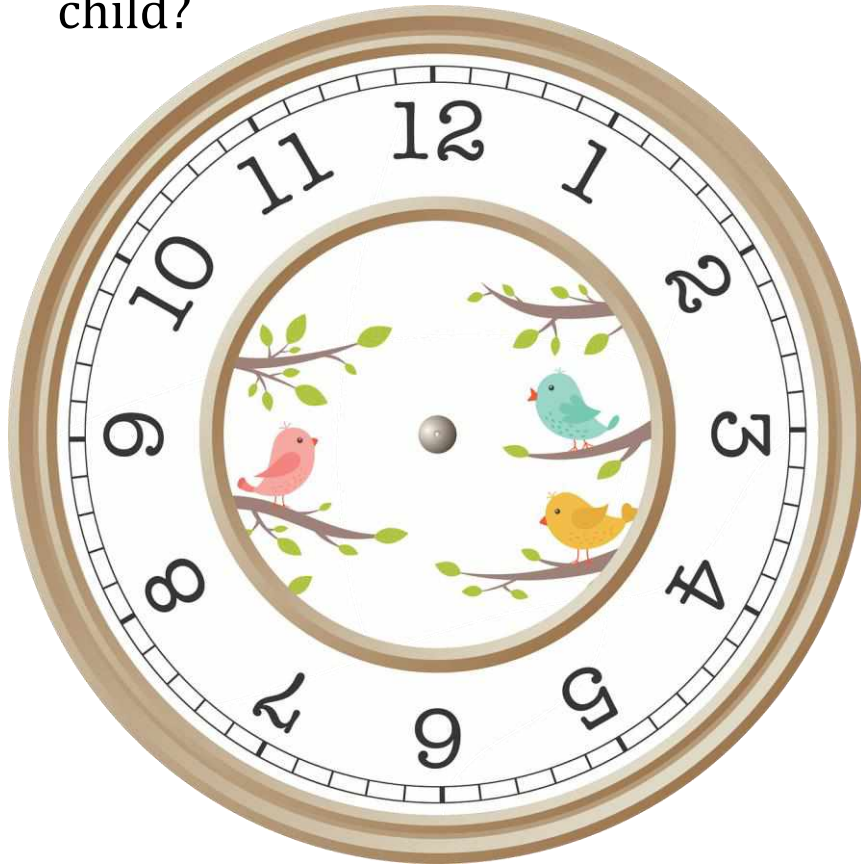
Make sure this is a mix of:

- academics,
- Play/hobby time.
- fun activities,
- life-skilling like daily chores,
- & vocational training.



Step 4.3: Divide The Day Into Time-Frames

Which time frames suit your child?



Divide tasks into

Morning: brush & bathe

Afternoon: math & snacks

Evening: history & exercise

Night: dinner & puzzles

Or into

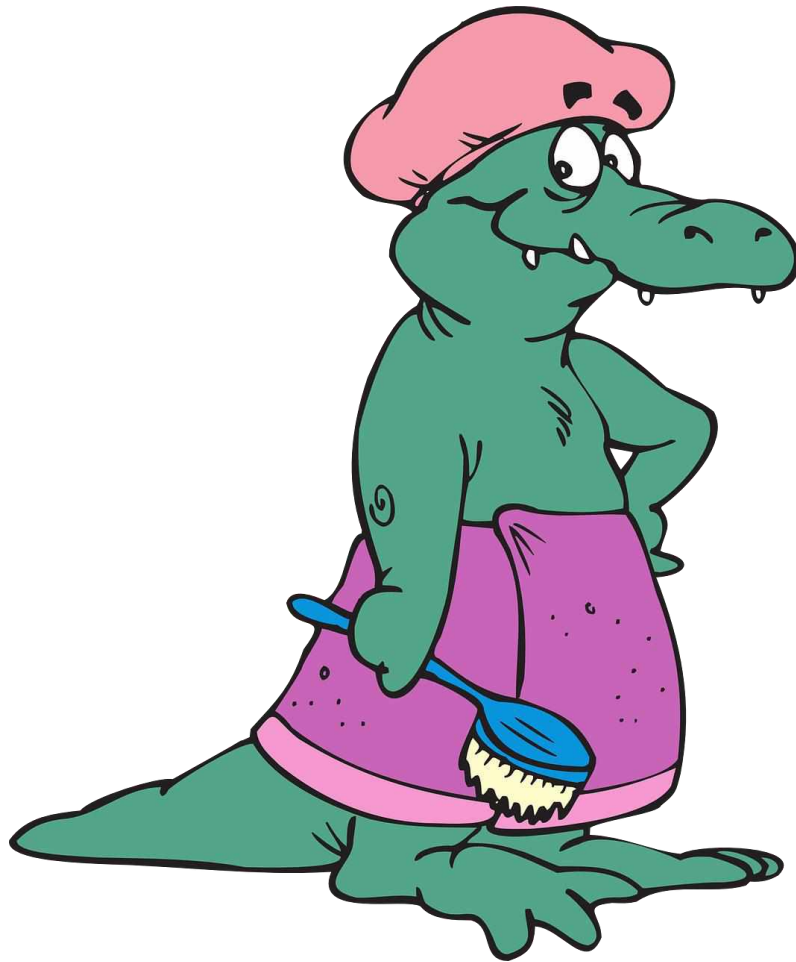
9am: brush & bathe

2pm: math & snacks

6pm: history & exercise

8pm: dinner & puzzles

Step 4.4: Start The Day With Unchanging Tasks



Start the day with unchanging, regular activities like

- brushing,
- bathing,
- eating breakfast,
- & other things that happen every morning without fail.
- Helping with chores around the house.

Step 4.5: Manage Breaks Creatively

Remember to keep in mind when you have other responsibilities!



Schedule for these times something like:

- watching an educational video,
- eating a snack,
- other anything else **your child can do independently.**

NOTE:

Hobby building is very crucial early on in life.

The sooner a child is prompted to find an activity they find relaxing the easier it will be for them to enjoy their own company during break time as they grow older.

Step 4.6: Make It Visual!

NISHANT's SCHEDULE @ HOME

1:30 pm	Wipe table	
1:45	Fill water bottles	
2:10pm	Music /Drumming	
2:45pm	Green Tea/Break	
3:00 pm	Art /Creative work	
3:30pm	Cut Vegetables/Prep for snacks	

Draw up these timetables as visual charts on a wall, so that your child has easy access to them.

Check out a great example [here](#).

Schedule image courtesy [Amaze Charitable Trust](#)

Step 5: Test Creatively



Many **online platforms** supply tests, timed & untimed too!

Perhaps try starting with [this site!](#)

You can search for such questions & create a test from *scratch*.

Or you can search for an *existing test* that fits what you're teaching your child.

Still unsure?

Connect with parents in your peer group who are homeschooling too!

Step 5: Test Creatively



Remember, tests don't need to be written!

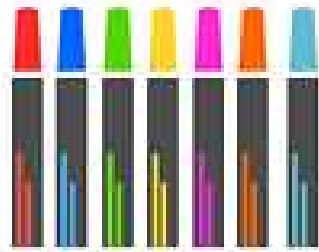
Let your child give tests through which ever means they are most comfortable communicating.

Test through vivas if your child is not comfortable writing.

Oral / signed knowledge is still knowledge!

Step 5: Test Creatively

Find what keeps your child engaged!



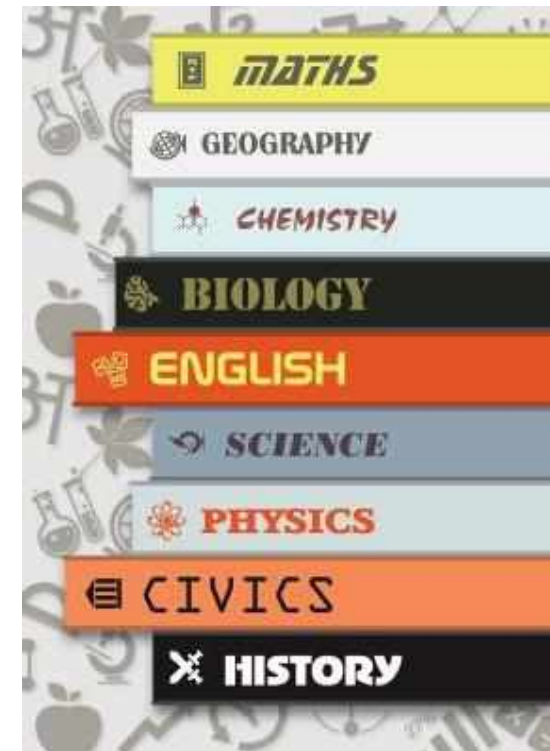
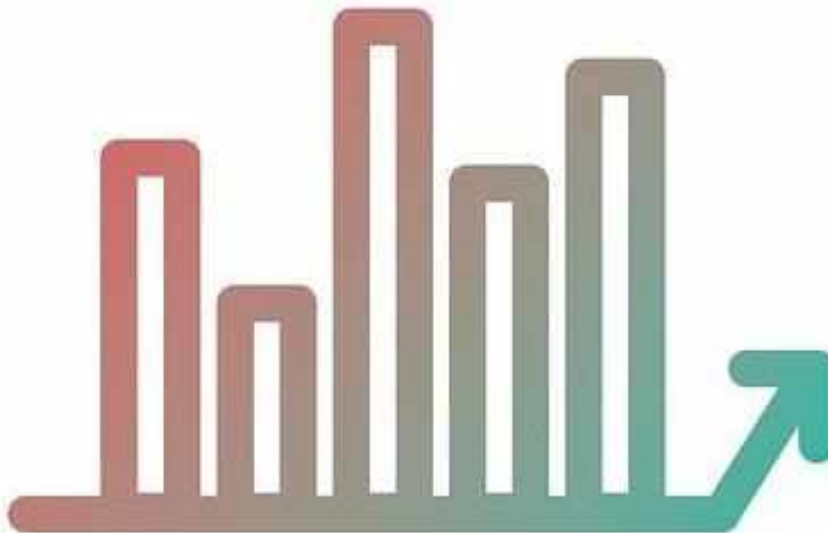
When testing counting, show their **favorite movie** & ask them to count the characters.

For grammar, find your child's **favorite song** & ask them to identify the different figures of speech in the lyrics.

For fractions, ask your child to divide their **favorite food** by half, one-third, etc.

Step 6: Record-keeping

Keep track of your child's progress and pitfalls.
Use this as a guide when marking your monthly study plan for the next month

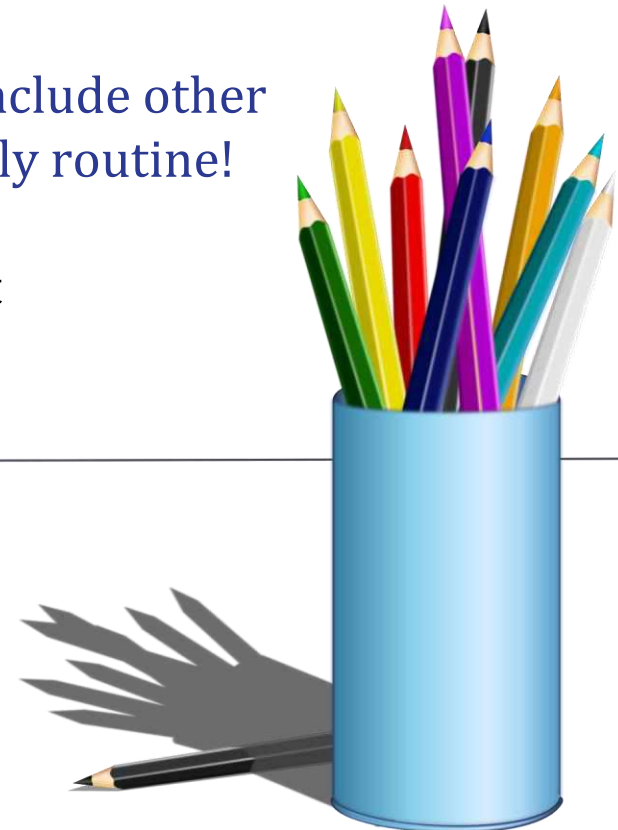
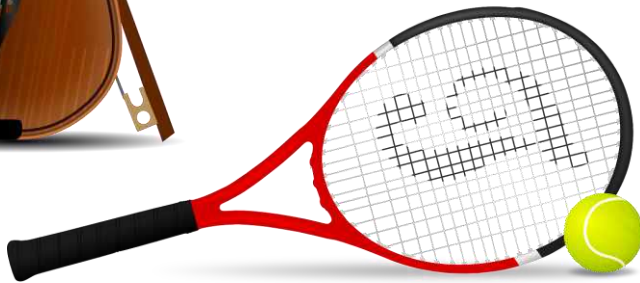


Step 7: Non-Academic Education – Fun & Games

Studying all day is monotonous!
Just being in the house is boring!
Sitting all day can be dangerous to health!

1. Besides academics, ensure that you include other important activities in your child's daily routine!

- Physical Education, Sport
 - Visual Art
- Music Dance, Theatre



Step 7: Non-Academic Education – Daily living skills

2. Teach them **daily activities** like conversation, preparing meals, etc.

Include activities that improve **fine motor skills**, like tying braids.

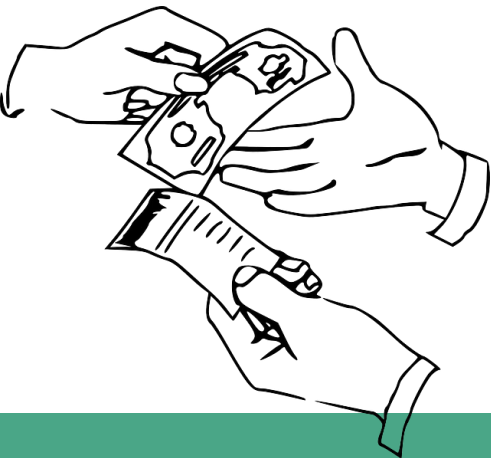


Step 7: Non-Academic Education – Generalization & Sharing

2. Ensure your child is taught how to **generalize** a given situation to many other situations.

e.g. Teaching money concepts at home & implementing it when purchasing at a store or restaurant.

Learning to wait in line at the check-out counter of a mall, & applying the same concepts when waiting at a bank or waiting in the temple for Prasad.



3. **Turn taking or sharing**

e.g. Waiting for a turn when playing with family/friends

Sharing toys & books

Learning to share food when eating in a group



Step 7: Non-Academic Education - Socialization

4. Also make sure your child has ample opportunities to **socialize**.

Take them to play centres, malls, marketplace, or enrol them in classes where they can interact with other children.



Step 7: Non-Academic Education – Acquiring social skill

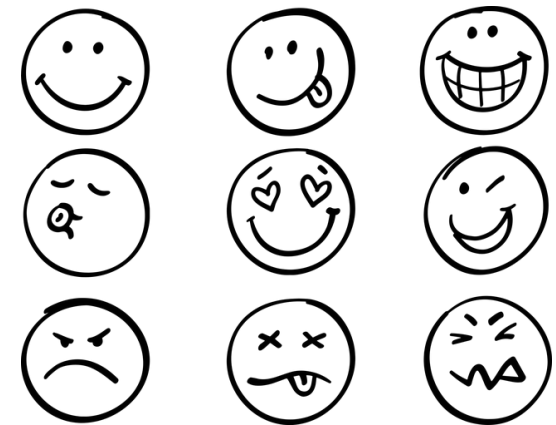
Make sure the child develops *good manners* & exchanges pleasantries/courtesies like saying *hello/Namaste, thank you, please, sorry* & other social enquiries during their interactions with people.

Ensure your child learns how *to behave in when in public spaces/events*. Teach them what constitutes acceptable behavior & what is not.
e.g. When at the doctor's office it is good behavior to wait one's turn.

5. Social skill development



Understands their own *emotions* and that of others.



TIP: You may use flash cards, social stories to identify emotions & prompting them to notice it in everyday interactions.

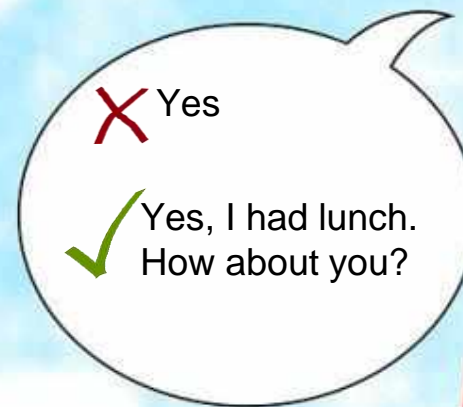
Step 7: Non-Academic Education - Communication

6. Communication – not just for reading and writing!

Communication as a *medium to interact* with other people
Teach your child to communicate needs, emotions, pain or discomfort .

It is essential to ensure your child learns how to engage in conversation with others & exchanging pleasantries without restricting conversation to a monosyllabic Yes or No.

TIP : In case of children with limited verbal skills or none at all alternate means of communication have to be developed such as sign language, PECS, typing on computer or tablet.



Step 7: Non-Academic Education - Consistency

7. Learning the art of consistency.

It is a crucial skill for the child to predict his/her environment.

It is also imperative that they learn to accommodate & accept a change in routine with minimal disruption.



Positive thinking is key



‘If a child **can't** learn the way we **teach**, maybe we **should teach** the way they **learn**’.



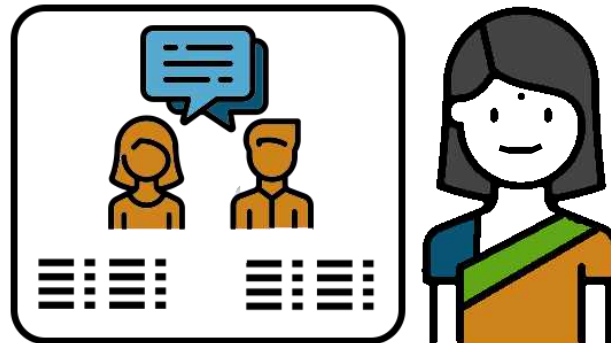
‘**One** Child,
One Teacher,
One Pen &
One Book Can
Change The World’.


Nayi Disha & parents
inform · connect · empower
are here to help!

Nayi Disha's *parent WhatsApp groups* & **monthly support groups**
are here
for all your doubts regarding raising a special-needs child.

To join the parent community &/or for more information,
write to us:

contactus@nayi-disha.org





Nayi Disha thanks all the parents who helped us bring this information to you.

Nayi Disha parent champions for contributing content & offering their review

Aparna Srinivasan

Pooja Mehta

PH Acharya

Triveni Goswami

KS Lavanya

Preeti Dixit



Special thanks to
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Diversity & Inclusion
Consultant
[Ekansh Trust](#)
for reviewing & offering
comments

[Additional
reference](#)