

Home Accommodations Cheat Sheet

1. WHAT ARE WE WORKING ON THIS WEEK?

Small changes today. Greater independence tomorrow.

1. HOMEWORK SUPPORTS

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- ☐ Break assignments into smaller chunks
- ☐ Use a visual schedule or checklist
- ☐ Build in movement breaks

2. EXECUTIVE FUNCTION SUPPORTS

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- ☐ Use timers, alarms, or planners
- ☐ Color-code folders and materials
- ☐ Practice routines at the same time daily

3. COMMUNICATION SUPPORTS

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- ☐ Give one direction at a time
- ☐ Ask your child to repeat directions
- ☐ Offer choices whenever possible

4. EMOTIONAL REGULATION

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- ☐ Teach calming strategies proactively
- ☐ Create a calm-down space
- ☐ Praise effort and progress

Try one support at a time. Celebrate progress, not perfection.

START SMALL

Choose one or two supports to try this week.
Small successes build lasting habits.

NEED SUPPORT?

BuildingABrighterTomorrow.com
contact@drjasminesadler.com
Coaching, consultation, and family support.

BUILDING A BRIGHTER TOMORROW

SUPPORT • EMPOWER • THRIVE

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