

Idea 2: Monitor a Specific Task or Activity

Purpose

Specifically monitoring a task or activity that your child might need extra help with is a proactive way to support your child before any problems might occur (e.g. before your child gets stuck on a homework question they don't know the answer to or during activities they don't like doing).

In schools, this idea is regularly referred to as 'Active Supervision'. Active Supervision keeps children safe, minimises behaviour problems, and promotes the learning and use of expected behaviours.

In the home, this involves monitoring a specific task or activity closely, where your child might benefit from extra support. This idea involves a few key steps:

- set expectations at the beginning of the task or activity
- frequently look around at (scan) your child's actions to see if they are/aren't engaged in the set task/activity or routine.
- keep interactions positive (use verbal and nonverbal prompts and reminders)
- praise positive and productive engagement.

Steps to follow

1. Identify the setting or activity that would benefit from increased supervision.
2. Ensure your child understands the expectations for the setting and activity.
3. If not, communicate these first.
4. Prompt your child to get started or to begin the task/activity.
5. As the activity unfolds, look around and monitor your child's actions. Are they actively engaged in their set task/activity?
6. Use strategies such as moving closer, making brief comments and gestures (e.g. smiling, nodding) to let them know you are paying attention.
7. If your child needs help, talk to your child in a calm voice, keeping the interaction positive and focused on the actions you want to see from your child.
8. At different times during the activity, celebrate your child's efforts with positive comments and gestures.