



**Global
Education
Therapy**

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SCHEDULE A FREE CONSULTATION

**SCROLL DOWN FOR
YOUR FREE PARENT
HANDOUT!**

**AN ONLINE
MULTIDISCIPLINARY
TEAM DEDICATED TO
INCREASING
ACCESSIBILITY TO
EDUCATION AT HOME
AND ABROAD**



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**GET IS AN ONLINE
MULTIDISCIPLINARY
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ABROAD**

GET Help:

"How can I help my child get organized?"

ORGANIZATION TIPS FOR YOU AND YOUR CHILD

As a parent, we've all dug through our child's homework folder trying to find the assignment your child misplaced. GET ahead of the game by reading our tips to help you and your family GET organized!

Dos

- Teach skills to your child and help them until they can do so independently
- Be organized yourself! Kids learn from watching
- Use visual supports/apps
- Be flexible. Teach your child how to adapt when there is a change of plans

Don'ts

- Leave it all up to your child
- Model poor organizational skills
- Try to organize it all in your head
- Be too rigid about the schedule

Tips to Keep your Child Organized

- Visual Schedule: For children with language delays visual schedules help bridge the gap from non-verbal to verbal language
- Label + picture When labeling folders, binders, or toy bins, label both the word and a picture to help remind them what goes where regardless of reading ability
- Make to do lists: Use word + pictures. Remember to check off as you go
- Use color-coding: match pens, notebooks, binders, in different vivid colors.
- Clean backpack once a week: Set a time each week for kids to clean out and organize their backpack
- Think ahead: At bedtime, review plans for the next day.

<https://www.understood.org/en/articles/10-tips-to-help-get-your-child-organized>

Tips to Keep YOU Organized!

- If you can afford it, get groceries delivered and/or hire housekeeping services, etc. Don't be afraid to lean on others.
- Have your children help with chores
- Prep lunch right after dinner
- Use shelves to your advantage. Put soft easily washable toys in bins on the bottom shelves, and the messy toys like legos and glitter should be stored at the top.
- Be consistent when putting things away. Put keys on a hook, shoes in the shoebin.

<https://www.fatherly.com/love-money/organization-tips-to-help-stressed-out-parents>



GLOBAL EDUCATION THERAPY OFFERS VIRTUAL SPEECH THERAPY, OCCUPATIONAL THERAPY, TUTORING, AND SUPPORT FOR STRUGGLING READERS AT HOME AND LIVING ABROAD!



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