



**SPECIFIC LEARNING DIFFICULTIES ASSOCIATION
OF SOUTH AUSTRALIA INCORPORATED**

Clever Schools and Clever Homes create clever kids- best practice for supporting all students particularly those with learning difficulties

Our tips are posted daily and include strategies for teachers and parents. They are not mutually exclusive.

Clever Byte #8: Attentional Problems - Byte 4: Managing Inflexibility at school

Byte 4: Managing Inflexibility at school

Stress due to inflexibility can be reduced by the following strategies:

- Providing a consistent, predictable schedule. Post the schedule in the classroom and/or tape it to the inside of a desk or diary
- Allowing a student to sit at the same desk
- Having a special locker
- Having each day's timetable clearly written on the board with images
- Prompting students ahead of changes eg, you have 5 minutes to put your English books away and get ready to go to Music. You will need to take X, Y and Z to Music
- Warning students and parents in advance of changes in routine
- If tandem teaching cannot be avoided, remind the students ahead of each changeover
- Maintain consistency with behaviour management at home and at school
- If a teacher is not coming into school, a phone call to warn parents is helpful. For some children a day off school might be a reasonable strategy
- If there is an excursion, swimming lessons etc, parents may find it helps the child to visit the new environment beforehand
- Teachers may ask a trusted adult to stay close to the child if a new environment, a lot of noise or a crowd of people is likely to be encountered during an excursion
- Activities should include lone activities and activities that encourage socialisation
- Choice of activities should be sensitive to how the child is coping with their day