



USING ACTIVE SUPERVISION AT HOME

A Step-by-Step Guide for Families

- 

1 Identify the setting or activity that would benefit most from active supervision.
- 

2 Ensure that your child understands the routines and expectations for the setting or activity. If not, routines and expectations must be established.
- 

3 Remind your child to get started with the next part of their day (e.g., transition) or to begin an activity.
- 

4 As the activity unfolds, look around and monitor your child's behavior.
- 

5 Use proximity, verbal cues, and other non-verbal communication to let your child know you are paying attention to what they are doing.
- 

6 If a problem comes up, talk with your child privately, in a non-emotional way, and give opportunities for positive interactions between you and your child.
- 

7 At different times throughout the activity, and at the end of the activity, praise your child's desirable behavior with positive comments and gestures.
- 

8 Provide your child with an opportunity to give feedback.

For additional resources for families, please visit ci3t.org/covid

