

# HOW CAN PARENTS HELP WITH ONLINE LEARNING?



## DESIGNATE A LEARNING SPACE

HELP YOUR CHILD FIND A SPACE WHERE THEY CAN BE PRODUCTIVE. SURE IT WOULD BE NICE TO HANG OUT IN THE BEDROOM ALL DAY, BUT THEY NEED TO "GET UP AND GO TO WORK" TOO.



## CREATE A SCHEDULE

KIDS ARE USED TO ROUTINES WHEN IT COMES TO LEARNING. HELP CREATE CONSISTENT ROUTINES AT HOME AS WELL. THINGS MAY THROW OFF THE SCHEDULE NOW AND THEN, BUT DO YOUR BEST TO STICK TO IT.

## LIMIT DISTRACTIONS



PLAN AHEAD. THINK ABOUT WHAT THINGS AT HOME MAY DISTRACT YOUR CHILD AND SET PARAMETERS /GUIDELINES TO HELP LIMIT THOSE DISTRACTIONS. YOU MAY NEED TO MONITOR AND ADJUST AS NEEDED FROM TIME TO TIME.

## CHECK-IN WITH YOUR CHILD



MAKE IT A POINT TO CHECK-IN WITH YOUR CHILD. SEE HOW THEY ARE DOING — ACADEMICALLY AND EMOTIONALLY. THESE ARE UNIQUE TIMES. MAKE SURE THEY KNOW YOU ARE A SOURCE OF SUPPORT.



## COMMUNICATE WITH THEIR TEACHER

WE ARE ALL IN THIS TOGETHER. IF YOU AREN'T SURE ABOUT ASSIGNMENTS OR DUE DATES — ASK. IF YOU HAVE CONCERNS — LET'S TALK. THIS IS NEW TO US AS WELL, BUT WE CARE ABOUT YOUR CHILD TOO.

## DON'T FORGET TO EXERCISE



LEARNING ONLINE MEANS SITTING IN FRONT OF A COMPUTER FOR SEVERAL HOURS A DAY. BUILD SOME BREAKS INTO YOUR SCHEDULE. MAKE TIME FOR THEM TO GET UP AND MOVE. GOOGLE A FEW EXERCISES FOR THEM!



## DON'T BE A "HELICOPTER"

THEY ARE LEARNING MORE THAN MATH AND SCIENCE. THEY ARE ALSO LEARNING TO BE INDEPENDENT AND RESPONSIBLE. CHECK-IN WITH THEM, BUT DON'T HOVER. IF THERE'S A PROBLEM — FOLLOW UP, BUT LET THEM LEARN TO TAKE INITIATIVE ON THINGS.

## TAKE CARE OF YOURSELF

THIS IS A TOUGH TIME FOR ALL OF US, YOU INCLUDED. MAKE A LITTLE TIME FOR YOU EACH DAY. DON'T LET STRESS ZAP YOUR ENERGY AND PATIENCE. WE NEED YOU. YOUR CHILD NEEDS YOU.

