

Strategies for Supporting Learning at Home

Help your child establish and stick to a routine.

Even though school has gone to an online learning format, treat school days just like you would if your child was attending school as usual. This includes having them get up at the same time everyday, get properly dressed, and eat a healthy breakfast.

Check in with your child's teachers.

Teachers are willing to connect with parents via email or phone during office hours and will provide additional support, answer questions, and respond to concerns. Check in if your child is having difficulty managing the online learning platform or staying on task.

Encourage physical activity and exercise.

Your child will be sitting in front of their computer for long stretches of time. Encourage them to use the breaks in the day to stretch, walk the dog, or do jumping jacks. Any movement helps!

Resist the urge to sit in on classes with your middle/high school child.

While it may certainly be tempting to "pop in" on your child's class, please respect their privacy and that of other students. Connect with faculty and staff through email or other communication channels before or after school hours. Obviously younger elementary aged students may need parental assistance with technology and to stay on task.

Take care of you.

This one is extra important. If you're not taking care of your own physical, emotional, mental, and spiritual needs, you will have less energy, space, and patience to connect with and take care of your children. Even 10-15 minutes of scheduled "me" time during the day is beneficial.

Don't expect perfection.

Things don't happen perfectly or smoothly in the classroom, so they aren't going to at home either. Teachers know that flexibility and revisions are keys to student success. You aren't perfect, your child isn't perfect, and this situation certainly isn't perfect. Accept that this is a learning process for everyone, and it will get easier over time.

Create a dedicated workspace.

It is important to have a clear distinction between where you study and where you take breaks. If possible, make the space someplace separate from your bed or sofa.