

## Parenting Tips for Virtual Learning

Here are proven tips from teachers and parents to help your child get ready!

### **1. Create an at Home Schedule**

Routines and schedules are extremely important for children at school, and this is no different in their at-home school. Children will function best if they maintain their routine as close to normal as possible. Setting alarms similar to those they would encounter at school can be helpful for keeping them on a schedule. Around lunch time, encourage them to get up, get some fresh air, go for a walk or bike ride, or have a snack so that they are not sedentary for the entire day.

Respect this schedule and if possible include children in creating it, this way children are excited and can easily meet these daily expectations. You can include school experiences and non-school activities. *Check out our suggested Virtual Schedules located within each **Age Group** page.*

### **2. Create a Consistent Work Environment**

- a. Make sure that this space is quiet or has a door that can be closed. For very young children we encourage parents to stay nearby to assist during remote learning experiences, zoom and individual calls.
- b. Incorporate flexible seating! This can be a cozy spot for reading, consider allocating this space for remote learning only. Beanbags, hammock chairs, shaggy rugs, and oversize pillow can help a child relax and connect to what's happening online.
- c. Ensure there is enough light and the device should be at eye level.
- d. Provide tools, like books, paper and pencil, a white board, etc.

### **3. Familiarize Yourself with Links, Websites or Equipment**

You are not alone, there are many families going through the same challenges! There are many tools out there (like this one) that can make this time easier for us all. Spend some time checking these out and choose ideas that will work for your family!

## Parenting Tips for Virtual Learning

### **4. Mix It Up!**

Overuse of screen time can have adverse impacts on young brains, so it's important to mix it up during a time like this. It's likely that your children will want to continue to use a screen of some sort during their breaks from doing work, so it's important to limit screen time.

As much as possible, parents should encourage print and book reading. *You can discover other type of activities to do with your children like those found in our Experiences section located within each **Age Group** page.*

### **5. Schedule video chats with friends and family**

Social distancing is important during this time, but staying in touch with others via virtual communication is very important. Each parent that has a child home is going to be going through a new experience.

Your children are used to lots of social contact at school, so they will definitely feel the effects of being distanced from them even after a few days. While it might not be safe for your kids to see their friends in person, you should allow them to interact with them online, beyond social media or text messaging. Video chats are often the closest thing to seeing someone in person, and are a great way to get in social time without endangering yourself or others. If your child does not regularly video chat with their friends, you can speak with other parents to set up a video chat playdate. *Check in with other parents to see what they've found effective, and ask if they need help as well.*

### **6. Be Flexible**

Changes in routine are always a point of stress as are moments of uncertainty. During this time of great change and while attempting to navigate many unknown moments, try to be flexible and adapt your typical routines to meet this momentary "new normal". We will all get through this!