

# HOW PARENTS CAN SUPPORT REMOTE LEARNING

Dear Parents/Guardians,

This is new to all of us. Be patient with yourself, your child, and teachers as we make our way through this new way of teaching and learning together. We know that each student and family is unique and we want to reassure you that whatever decisions you make for your child and your family are the right ones. All families are doing what they are able to build in learning at home and are giving their best. Some families will want to spend time exploring the learning opportunities that teachers provide. Others will want to do more and others will want to do less. Do what works and fits for you and your family. Please know that you are doing a great job!

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## SET UP A WORK ZONE

Try and find an area in your house where your child can sit comfortably and focus. If possible, make it separate to relaxation spaces. Ideally away from a TV screen or other distractions.

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## CONNECT WITH TEACHERS

Follow the learning suggestions provided by the teacher, but know that there is built-in flexibility. Some students and families will want to do more and some will want to do less. Either option is appropriate. Build a workflow that works for YOUR child and YOUR family.

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## MAKE A SCHEDULE

Create a schedule to help establish routines. Schedules can provide a sense of normalcy and can reduce stress. Set up times for school work, exercise, family time, friend time, and relaxation breaks that work for you and your family.

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## BE FLEXIBLE

Changes do happen. Even if you have lesson plans and study schedules, learning at home is a new scenario for many. Don't be too hard on yourself. Allow time to adjust.

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## ONE THING AT A TIME

Encourage your child to do one thing at a time. Finish one lesson before moving to the next. Do one assignment before another. Lessen multitasking.

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## CELEBRATE SUCCESSSES

Studying at home isn't easy. Reward your child for each small success. Recognising and celebrating success, even small ones, can be a powerful motivator and boost self-esteem.

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## ENCOURAGE RESPONSIBILITY

Assign activities or tasks around the house (e.g. cooking, cleaning, setting the table, etc.). When children have an opportunity to contribute we are also helping them to be conscientious, competent, and reliable.

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## PROMOTE SELF-CARE

Help your child participate in activities that support their physical and mental health. Maintain a good sleep routine, exercise, talk about how they are thinking and feeling, and eat nutritious meals.

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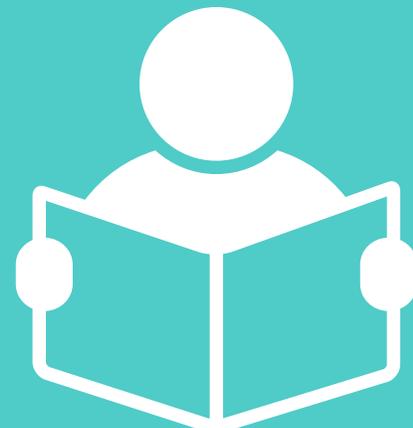
## ENCOURAGE SOCIAL CONNECTIONS

Staying connected with friends, family, and other students can help reduce stress and anxiety. Teens can connect through social media. Younger children can join family phone calls or virtual check-ins. Plan family activities that follow social distancing guidelines.

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## AVOID COMPARISONS

Do what's best for your child and your family. Avoid making comparisons when looking at social media posts. Studies show that when people start to compare themselves to others on social media, it can be harmful to your mental health. If you have questions or concerns about your child and your situation ask your teacher and reach out to those that can offer support.



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