

Tips and Tricks for Home Learning

Community support is essential in this time of uncertainty. It is especially important to let parents know they are not alone in helping their children navigate their home learning during this time. Follow these tips and supports provided by parents and educators on managing the new reality of parenting, teaching, and working from home.

Supporting students at home

- Creating a schedule – whether it be daily or weekly – let your children know the plan for the day.
- Balancing multiple children – set-up time when they can work together, work on own, work with you.
- Being honest and patient – with yourself, with your children, with their teachers.
- If it isn't working, stop - come back to it later if you can or let it go.
- Providing breaks when needed and give ideas on what to do on those breaks – read, play outside, play a board game, build or create something, call a grandparent or family member to check-in.
- Not participating in home learning:
 - Reach out to school for supports – learning packets, hotspots, etc.
 - Check state department of education websites for learning resources.
 - Focus on life-skills and children interests.

Ways schools are supporting

- Providing checklists for students and parents.
- Communicating in a variety of forms – phone calls, emails, letters home, short reminders.
- Providing social and emotional connections/non-academic check-ins – weekly lunch virtual meetings, virtual advisory or morning meetings, ongoing chat discussions, home visits.
- Surveying parents for needs and ideas.
- Providing office hours for students to have access to teachers.
- Not expecting families and students to follow a strict schedule at home – allow for flexibility.

Things to remember

- Parents are a child's first teacher, but you aren't and won't be a content expert – that is ok.
- Kids are resilient and able to adapt – they will persevere.
- Give yourself and your child grace – take a deep breath.
- Model how to handle this difficult situation – take your own breaks, play outside, eat, talk to each other, schedule things that make you happy, walk away from the computer screen.
- Remember this is new and different for everyone
- Everyday is a new day – there will have good days and bad days.