



2020-2021 Remote Learning Tips for Families

Tips for Success

Please consider the following remote learning tips:

- Create a daily routine so your child always knows and expects when it will be time to focus on learning.
- Help your child set goals for learning and growing every day by asking questions such as:
 - What do you plan to work on today?
 - What will you do if you get stuck?
 - How can I support you?
- Determine when your child is best able to focus, such as first thing in the morning or in the afternoon, and structure remote learning around those times.
- Ensure your child is receiving plenty of sleep and is well-rested when they begin their learning.
- Monitor your child when they are working online to ensure they are actively engaged and learning.
- Provide your child with frequent encouragement and reminders as needed.
- Find the best workspace for your child, such as sitting in their favorite spot on the couch or standing at the kitchen table.
- Allow your child to take breaks every 30–60 minutes, or whenever they need one.
- Once your child is done working for the day, ask them to reflect with the following questions:
 - What did you learn today?
 - What did you accomplish today?
 - What did you find challenging today?
- Be patient and flexible with yourself and your child. Focus on ensuring that your child is growing, learning, and feels connected to their school community.

Resources for Support

How to Talk to Your Kids About Coronavirus: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Learning Is Social, Emotional and Academic: <https://loreamartinez.com/>

ReadyRosie-Healthy at Home: A Toolkit for Supporting Families Impacted by COVID-19: <https://healthyathome.readyrosie.com/>

National Association for the Education of Young Children (NAEYC) -Family Resources Page: <https://www.naeyc.org/our-work/for-families>

Conscious Discipline: Why Can't I Go to School Social Story: <https://consciousdiscipline.com/resources/why-cant-i-go-to-school-printable-story/>

Helping Children Cope: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

Helping Children Cope with Changes Resulting from COVID-19: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope->

Learning at Home

