



## Guidelines for Distance Learning for Young Children

We know that distance learning for early childhood students requires a great deal of adult support, and we recognize the challenge that presents for many. Overseeing your young child's "school work" under normal circumstances would be challenging and doing it now, under quarantine while also trying to work, clean, cook and stay healthy, even more so.

With all of that in mind here are some general guidelines and suggestions:

- Go easy on yourselves and your children. Though they may not express it directly, this situation is difficult and stressful for them.
- Create a schedule that works well for your family. We know everyone's situation is unique and the demands on our time differ widely. Set up whatever works for you, and give yourself the flexibility to adjust as needed. For some of us a consistent schedule may not be possible right now and that's ok too. Reach out to Alison or your cluster teacher if you'd like advice or help in this regard.
- Be prepared for pushback. We all know children act differently at home and at school. At school, students rise to the occasion and participate comfortably in tasks and activities. With the support of teachers, children are also used to pushing through frustration at school. For many children, that is not the case at home. If you find that your child is resisting assignments and/or becoming easily frustrated, take a break and come back to it later. At any given time, do what feels reasonable and try not to get locked into a battle over schoolwork. If you are experiencing consistent struggles in this regard, reach out to your child's cluster teacher for suggestions and help.
- Remember this is all brand new for everyone. Teachers are working hard to make this drastic shift. Some things will run smoothly, some will not. We will listen attentively to feedback and make tweaks along the way.