

### HAMDEN SCHOOL DISTRICT WEEKLY TIP SHEET

04/22/2020 | 8:00 AM

10

#### Management Tips for Home Schooling

- Write down priorities and goals. Once you have a working plan, you can modify it as needed, but this helps you feel more in control of your time. The goals will seem more manageable and you will feel less overwhelmed. You can't do it all, so do the important things first.
- 2. Make sure the goals you set are reasonable, otherwise, you are setting yourself up for failure.
- Simplify your life. Develop a system for keeping your house as neat as possible, at least in the important areas. Get the kids to help. Start them while they're young. Lower your expectations. Perfection is not a realistic goal with children in the house.





#### **Time Management: School from Home**

Management

**Time management** has always been an interest of mine, but when I had three (twins) children in two and a half years, it became more than an interest, it was a matter of sheer survival. I couldn't possibly do everything, so I had to learn to establish priorities, find creative ways to do the necessary things, and put everything else on hold.

School from Home parents everywhere face the same challenge, including how to juggle School from Home, working from home, housework, cooking, parenting, some personal time, and being part of a family all in one twenty-four-hour period.

During a national pandemic is even more reasons now to exercise creative time management skills. Here are some tips that have helped me over the years.

Learn with Dr. Bushnell

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## Time Management

# **Management Tips** for School from Home

- Simplify your meals. Some of the healthiest meals are the simplest meals. Breakfast can be simple, such as toast or cereal. Lunch is also simple, consisting of sandwiches or soup and fruit. Many times, the children help prepare these meals.
- 5. Declutter your home. To decrease frustrations, have a place for all School from Home materials. such as pencils, papers, books, scissors, etc.

- 6. Work on children's attitudes and training, don't just let things go. Now is the time to train them to help out with household chores and cooking. It's important that our children learn to be responsible.
- 7. Tackle the areas that bother you the most at first. Think of the ways you can avoid problems in the future and ways you can correct any problems now.
- 8. Don't try to do too much all at once. Focus on one area at a time. For example, right now, my closets all need reorganizing and decluttering. A realistic goal has been for me to do one closet a week until they are all finished.

- 9. Allow time to take breaks when needed. creative or movement breaks for your kids. Sitting for too long can be challenging for some kids.
- 10. Do not feel guilty if your homeschool does not sound as educational. organized, or perfect as your friends homeschools. Very likely theirs are not as perfect as they sound. They have their trials and struggles at times.



"Never has it been more true than now that it takes a village . . . we are in this together for the well-being of the children. I wish you good health and happiness in the weeks ahead"





7:00-8:30	Start the Day	<ul> <li>get dressed • make the bed</li> <li>eat breakfast • feed pets</li> </ul>
8:30-9:00	Get Moving	<ul> <li>walk the dog - family walk</li> <li>yoga, stretching, get moving inside if the weather is bad</li> </ul>
9:00-10:00	Learn	∘ school work ∘ Google classroom
10:00-11:00	Create	<ul> <li>drawings - crafts - Legos</li> <li>blocks, magnet tiles - baking</li> </ul>
11:00-12:00	Lunch	
12:00-1:00	Get Moving	<ul> <li>scooters and bikes</li> <li>play outside</li> <li>explore outside</li> <li>music and dancing inside if the weather is bad</li> </ul>
1:00-1:30	Work	∘ chores ∘ tidy messes
1:30-2:30	Learn	<ul><li>school work</li><li>Google classroom</li></ul>
2:30-3:30	Fun	<ul> <li>academic apps/games </li> <li>puzzles </li> <li>music</li> <li>educational video games </li> <li>educational TV</li> </ul>
3:30-5:00	Free Time	<ul> <li>reading · TV · movie · video games · crafts · coloring</li> <li>playing outside</li> </ul>
5:00-6:00	Dinner	
6:00-7:30	Family Time	<ul> <li>family walk or bike ride</li> <li>game</li> <li>TV/movie</li> <li>practice sports</li> </ul>
7:30-8:30	Bedtime	∘ showers and pjs ∘ brush teeth ∘ read books