



# Supporting Remote Learning at Home

December, 2020



# Keeping it Positive

- It is important to remember that nothing about this school year is typical and we need to have patience and adjust to multiple challenges
- Main priority is emotional well being of you and your children
- Importance of remaining flexible as technology may cause difficulties and that the ability to roll with the punches is a life lesson



# Dedicated Space

- Each student should have a dedicated work space with all the materials they may need accessible
- This work space should be as distraction free as possible with a table or desk and chair, and with a neutral background when possible, may also limit distractions nearby for the student (not near TV or video games etc...)
- If you have multiple children, try to give each one a separate space to minimize distractions (headphones are an option if space is limited - *let your building know if you are in need of additional supplies!*)



# Consistent Schedule

- Students should know the times they are expected to be synchronous and asynchronous so they are on time to their classes
  - [Link to High School, Middle School, and Elementary Schedule](#)
- During asynchronous times, students should be completing their independent work; this may also be a time they get a quick snack and take a break (brain breaks are important!)
- Students have a lunch time and should plan on eating lunch during that time so they can focus during their classes



# Technology

- There may be various links they need to access for each class; help keep students organized with one list or space with all those links
- If students have questions about accessing links or finding necessary materials, they can email their teacher for assistance
- There are times when technology may be a barrier due to server or WiFi issues; students should make sure teachers know if they are experiencing technical difficulties (***families, let us know if you are having consistent internet issues at home!***)



# Routines

Students are most set up for success when they:

- Have a dedicated work space (with as few distractions as possible)
- Have all materials they may need nearby
- Follow their schedule
- Communicate with their teachers
- Use their time well



# When the unexpected happens...

- Check in on your child's work completion; we want to monitor and intervene before workloads build up
- Give yourself and your child space when things become frustrating, and reconnect at a later time to problem solve together
- Make sure your child knows their job is to be in class and do their work, then they will have time for breaks and fun (first work, then TV or games - for example)
- Recognize and acknowledge what is going well and keep challenges in perspective (this is a hard time for everyone; your student has lots of people available to support them!)



# Managing Stress for Your Child

- Everyone needs breaks and time for preferred activities
- Listen to your child when they express their feelings, be a place where they can come for support
- Remember that you and your child are not alone, reach out for support as needed
- Check in with yourself and your child and try to build in time for some fun activities together
- Provide opportunities for social connections





# When children struggle to meet expectations...

1. Make sure the expectations are clearly set and stated to start!
2. Redirect at the first sign of difficulty (catch the behavior early)
3. Give children time to think/make a positive choice
4. Use forced choice options (“you can start your reading or your math,” “you can do the dishes now or in 15 minutes”)
5. Use consequences (realistic, those that can be enforced; for example, if a child doesn’t finish dinner - they may not get dessert)
6. Be calm and even when delivering a consequence (“you didn’t earn dessert tonight, but we can try again tomorrow”)



# When teens struggle to meet expectations...

In addition to the tips for younger students...

1. Have conversations with your child about the effects of their behavior on others, on themselves (this is a social-emotional skill for older students!)
2. Engage your student in conversations about setting expectations together and setting limits/boundaries
3. Help your teen manage stress if that is the barrier to meeting expectations



# Care for the Caregiver

- You need to take care of yourselves as parents and caregivers as well!
- If you are feeling stressed or angry, take a break
  - Move to another location in your home for a few minutes
  - If you have an outdoor space, step outdoors
- If you have a preferred self-care activity (yoga, meditation, drawing, cooking, exercise, etc.), find time during your day to do those things!



# Resources

- There are MANY team members at your child's school who can help; you can reach out to any of the following
  - Principal/Assistant Principal
  - Social Worker
  - Psychologist
  - Counselor
  - Teacher(s)
- See [HERE](#) for resources sent from Student Services