

Report to **PARENTS**

Help Children Learn at Home

There are many ways you can help children learn at home. Whether your child is attending in-person classes, online classes at home, or a combination of both, adjusting to a new learning routine can be challenging and stressful for everyone involved. The following strategies are meant to help you get the support you need to facilitate at-home learning while staying connected and engaged with your school community.

Create a schedule and routine for learning at home

- Limit distractions from siblings, television shows, tablets, or other devices that may take your child's attention away from learning. Set up rules for everyone at home to try to be as quiet as possible while your child is engaged in class.
- Review assignments and expectations from the school, and help your child establish a reasonable pace for completing their schoolwork. You may need to assist your child with turning on devices, reading instructions, and typing answers.
- Plan for flexibility in the schedule—it's okay to adapt based on your day! Consider designating an amount of time each week that allows for more flexibility in your child's learning schedule.

Consider your child's individual learning needs

- If your child has special or intensive support needs, consider increasing the structure and consistency of the learning routine. Increase the frequency of reminders about expectations and share positive feedback or other rewards when they are met. Consider spending time at the end of each day of at-home learning to talk with your child about the progress they made toward their goals that day.



- For younger children or children who have trouble focusing, allow for more frequent breaks and use a timer to indicate the end of a break. You may also consider providing breaks as rewards for completing more challenging activities.
- For younger children or children with sensory needs, sitting at a table all day may prove challenging. Consider alternatives such as floor space, floor pillows, or a yoga ball.

Consider additional options for learning

- Consider hands-on activities, like puzzles, painting, drawing, and making things to supplement online learning activities and reduce screen time.
- Independent play can also be used in place of structured learning or used as a reward when your child completes a challenging structured learning activity or task.
- Practice handwriting and grammar by writing letters to friends and family members. This is a great way to help your child feel connected to others without face-to-face contact.

Web Resource

- **Fun Online Family Activities:**
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/learning.html