



REMOTE LEARNING : TIPS FOR FAMILIES

1

Routine is important.

- Routine is comforting for children and teens. In uncertain times, it helps them know and understand what to expect.
- A clear schedule and space for learning will help define your child's day.
- Minimizing distractions will be important. Noise canceling headphones, apps that limit access to games or social media, or separating children with a physical or visual barrier (even a cardboard separation between kids can work!) can all assist you in creating a calm learning environment.

2

Communication is key.

- Check your school's website for learning information.
- Learn how your child's teacher would like to communicate with you. Sign up for updates as communicated by your child's teacher, on platforms such as Google Classroom or Microsoft Teams.
- Share any concerns through private communications with the school, such as phone calls or emails.
- If your child requires specialized supports, please contact your child's teacher to discuss his/her learning needs.

3

Be positive.

- While you are not responsible for teaching the content of the lesson, you can assist teachers in ensuring that learning remains a priority at home.
- Your enthusiasm for learning will set the tone for your child as to how he/she responds to remote opportunities.
- Don't become overwhelmed! Many online companies and social media posts are flooding parents' newsfeeds with "at home" learning opportunities. While you can explore these if you wish, the only necessary activities are the ones your school and teachers provide
- You can reinforce learning by playing games, watching movies, or reading books together. Engaging in family activities also increases feelings of connection and togetherness.

4

Your family's well-being is important.

- Time for family prayer and reflection encourages spiritual connection and comfort.
- It is ok to limit screen time.
- It is important to provide opportunities for play.
- Talk to your child about this change in their routine and seek out social connection with families or friends in ways other than face-to-face contact.
- Reach out to community supports or school staff if you feel overwhelmed. Many schools have social workers, psychologists, or other support staff who can assist you during this time. Contact your administrator to see if these supports are available through your school.

