

Learning from Home Ideas

- Hold a family meeting: Family planning is key. Talk to your children about this 'new normal,' and communicate with them that while they may be at home, there are still assignments that must be completed in a timely manner. Since your child is coming from a structured school environment, structure is important for both them and you.
- Create a daily schedule: It's important to have set hours for school, meals, chores and other daily activities. Many routine activities are now disrupted, and that's going to be an emotional process for everyone. Kids are going to be disappointed, as are parents, not to have their normal routine. Decide on a schedule together as a team. Let the kids help plan it and it will run smoother.
- Create a Learning Environment: Help them create their own work space — at the kitchen table, on their bed, in a comfy chair in the living room — and know that you may find a rotation works well for different subjects, especially for those students accustomed to visiting a different classroom for each subject.
- Reach out to Teachers: If you have questions don't be afraid to reach out to your student's teachers!
- Incentives: Some students are self-motivated, but some may need time limits or incentives like, 'You need to finish ABC before you can XYZ.' For younger children, a dry erase board, where you can list out all assignments and chores for the day and then check them off as they go, may be most effective.
- Take breaks: Downtime is just as helpful in getting through the school day as a schedule. Students have downtime at school throughout a normal school day, while they're changing classes or while they're waiting for other students to finish their work. Remember to give them the same while they're at home.
- Make it fun!