

## Tips for Parents: (during Covid-19)

### 1. **Establish a school day routine and schedule.**

Make sure that the routine includes breaks, physical activity, and play in addition to time for learning. Maintain normal bedtime and wake-up times and routines.

### 2. **Identify a dedicated work space for learning.**

Ideally, this space should be conducive to learning with few distractions. This space will look different in every home, depending on the needs of all family members. Find a space that can be used regularly and that works for your family.

### 3. **Communicate regularly with your child and with his/her teacher(s).**

The frequency of communication will be based, in part, on your child's age, grade, and individual needs. Check in regularly with the teacher(s) to ask questions, clarify expectations, and check progress. Check in daily with your child, encouraging him/her to share what is being learned and helping him/her to stay organized and engaged.

### 4. **Make sure your child's privacy is protected.\***

- Ensure that privacy settings are securely set to protect your children while using the internet, learning apps, and social media.
- Discuss cyber safety with your children and monitor them as much as you possibly can to ensure that their privacy is maintained while online.
- If live video conferencing is part of their distance learning plan, be aware that the teacher may record the sessions so that students can access them later for review purposes. For privacy reasons, students should NOT be making their own recordings. Contact your teacher directly if you have any security concerns or questions.
- Ensure that your children are dressed appropriately for school and sitting in an appropriate spot (desk, not bed).

### 5. **Don't stress about covering the curriculum.**

Trust your child's teacher(s) to provide the academic learning opportunities needed for your child to be prepared for next year. Remind yourself that school is more than academics and that learning is taking place, even if it looks or feels different than what you are used to.

### 6. **Be patient when things go wrong.**

We are all facing challenges that we were not anticipating, and we need to be patient with each other as we learn ways of coping with the new reality.

### 7. **Find ways to stay connected with family and friends (while maintaining physical distancing).**

Children are likely missing opportunities to socialize with friends, and staying connected will assist them as they face the challenges associated with school closures.

### 8. **Stay positive.**

Model optimism, assuring your child that the current situation is temporary and that by working together, we can ensure their continued success. Under challenging conditions, there will likely be much to criticize. Choose to focus instead on the good things.

### 9. **Talk to your children about COVID-19.\***

This is a stressful time for everyone, but some children may experience added anxiety regarding the pandemic itself if they don't understand it. Safeguard your child's mental health.

### 10. **Don't be afraid to ask for help.**

If there was ever a time to depend on each other, now is that time. Stay in touch with your child's teacher(s). Check in with other parents. Take care of yourself: sleep, eat, exercise, laugh, pray.