

Top 10 Remote Learning Tips: For Parents



Be Active in Learning.

Take an active interest and participate in the learning alongside your child when possible. Encourage a growth mindset.



Keep Calm and Manage Stress.

Make the most of unusual circumstances. Model how to manage feelings. Offer extra hugs and support.

Manage Mental Health and Wellbeing.



Answer your child's questions about the pandemic simply and honestly. Recognize your child's feelings. Encourage them to connect with friends through video chats.

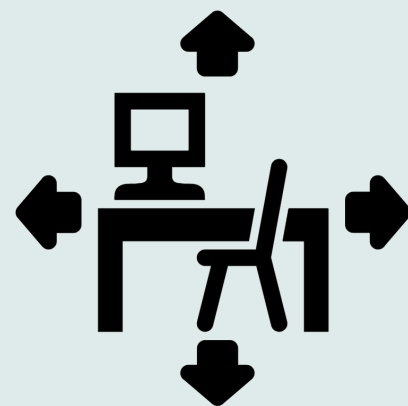
Keep Safe Online.

Monitor your child's activity online and ensure they use school district approved digital tools for all work and communication.



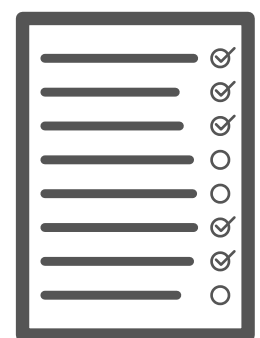
Make a Space for Learning.

Identify a learning space where your child can work free of distractions.



Set Goals and Make Plans.

Support your child as they build self-regulation skills. Have daily check-ins, help them learn how to make a daily learning plan and monitor their progress toward goals.



Establish a Schedule.

Establish a healthy daily schedule with routines. Have times for quiet and reflection. Encourage physical activity and exercise. Don't forget snack time and recess.



Establish Expectations.

Don't let your child treat this as a vacation. Establish learning expectations. Celebrate success. Know when not to respond.

Balance Online with Offline.

Encourage offscreen activities such as reading together, physical activity, and creative projects.



Maintain Communication.

Maintain communication with your child's teacher(s). Check your email for updates from your child's school.

