

# Distance Learning Tips for Parents

Students thrive on structure and routine! Here are some suggestions for supporting your learner at home during this time.

## **Designate a space in your home for learning.**

If you already have one set up for homework, great! Keep using it. If not, clear an area (kitchen table, home office desk) that can become your learners work space. A space free from the least amount of distractions. Avoid having your learner use their room as their workspace.

## **Post a schedule.**

Develop a daily schedule that can be maintained and so that your learner knows what to expect and when. Be sure to include breaks and time for lunch.

## **Gather and organize supplies.**

Before each day, make sure your learner has the supplies and materials he/she will need in order to be successful.

## **Use Time Management Skills.**

Help your learner by utilizing their agenda. Write down assignments and have your learner check them off as each assignment is completed.

## **Take breaks.**

Have your learner take a movement break as they transition to the next assignment. Do something away from their iPad (get some fresh air, stretch, etc.) Do not expect your learner to sit all day.

## **Check in with your learner.**

Ask your learner what they accomplished with their coursework. What's going well? What do they need help with?

## **Ask for help.**

Reach out to your learner's teacher. They are here to support you and your learner during this time.