

Making the Most of Remote Learning



Online learning requires a collaboration between schools and families, an extra level of engagement by teachers and students, and a basic technology platform of adequate internet speed and the student's access to a computer. For younger children and children with special learning or health care needs, online learning can require significant involvement from parents or other adults in the household.

Find a space in your home where your child can focus on remote learning with as little distraction as possible.

Here are some ideas for making the most of remote learning for your child:

Make a schedule.

Schedules give children a predictable structure for the flow of the day and provide a sense of normalcy. Some children have difficulty with transitions and surprises, so a written schedule helps them know what to expect. Parents can set aside time for schoolwork, reading, physical activities, meals, chores, family time, and just having fun.

Set up a designated workspace for your child.

Children need quiet, well-lit spaces for homework under normal conditions. Those designated workspaces are doubly important for remote learning. Find a space in your home where your child can focus on remote learning with as little distraction as possible. Over time, going to that space will become a mental trigger to focus on school.

Stock up on supplies.

Plan ahead to have needed supplies in your home, and help your child prepare for remote sessions by having those supplies readily at hand in the designated workspace.

Enlist older siblings to help.

Older children may welcome the opportunity to help younger siblings with schoolwork. This kind of child-to-child learning support can enhance the learning experience for both children. It's also a great way to free up some time for parents to get things done.

Leverage online resources.

Parents aren't expected to be experts in all subjects! Use online resources to supplement your child's remote learning and help explain topics your child is learning about.

Ask for help.

If you or your child have questions about a school assignment, reach out to teachers or other families for help.

Carve out time.

If you're working from home, set aside time when your children can come to you with questions and ask for help—time when you can give them your full attention, without distractions. You may want to create a way for your child to ask questions outside of this special time, perhaps with Post-it notes, a dry-erase board, texts by phone, or other signals.

Have some fun.

Try to build as much fun and laughter as possible into your life at home. Children learn best when they're engaged and relaxed. So, try to bring some joy into their experience.

Be kind to yourself.

These are unprecedented times, and life can get messy and hard. Juggling school, work, daily chores, and to-do lists while caring for your children and helping with their education is not a small feat! Accept that not everything will be perfect. Step back periodically to remember what really matters. Think about what you are grateful for. Take breaks to relax, exercise, meditate, or snuggle with your kids.