

# Distance Learning

## *Suggestions for families*

Here are 10 suggestions for parents/guardians to help your children learning at home. We recognize that families are dealing with different situations and schedules, and you may have other ways that work best for your family.

We are all learning how to support distance learning together!



### **Establish routines**

1

Set regular blocks of time for schoolwork that reflect the needs of family members. A regular routine will support everyone – encourage movement, take breaks and keep usual bedtime routines. These are challenging and changing times, and routines may need some flexibility to fit your family’s situation.

### **Identify a work space**

2

Where possible, establish a space where children will learn most of the time – a quiet space where parents/guardians can supervise and support their children’s learning.

3

### **Communicate with teachers**

Teachers will communicate with you and your child regularly in different ways. Should family specific challenges arise, communicate only what you feel is important for your child’s teacher to know

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## Regular check-ins

Check-in regularly with your children to help them understand instructions, organize themselves and set priorities.

Great questions include:

- How are you doing?
- What has your teacher asked you to do?
- What's working well?
- What are you finding hard to do?

5

## Help your children own their learning

Group discussions, asking questions, and collaborating on projects are part of a regular school day. Some of these social interactions will continue online, but your child will also be asked to complete some of their tasks independently. If your child needs help, please contact the teacher.

6

## Establish time/space for quiet and reflection

We acknowledge that it may be challenging for families when multiple family members are working and learning at home. Families may want to consider setting up separate spaces and times for learning where possible, or using headphones if you have them.

7

## Encourage physical activity

Movement and exercise are vitally important for health, well-being and learning. Frequent breaks for movement are encouraged.

8

## Be mindful of your child's stress or worry

Your continued attention to your children's questions and concerns is important. You can provide reassurance by listening and talking with them.

9

## Monitor screen time

Avoid having students engaged with a computer screen for lengthy periods. Your patience is appreciated as educators learn how to use technology effectively to support distance learning.

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## Stay social, but set guidelines

If your child uses social media to connect with peers, encourage responsible use of technology – being respectful and appropriate in communicating with others is very important.