



Learning at Home: 7 Tips for Parents

1 Set Clear Expectations.

Elementary students often need directions more than once. Try creating a visual “to do” list that they can mark off, and check in with them frequently throughout the day.

2 Plan for Attention Span.

The amount of time children can stay focused on one task varies by age and individual. If assignments are taking longer than expected, ask the teacher for advice.

3 Take a Break!

Elementary students take lots of breaks throughout the day. Do the same between assignments at home. It increases motivation and work quality!



4 Practice Mindfulness.

When emotions run high, try some controlled breathing exercises. Then, encourage your child to share their feelings. What looks like disrespect or anger might be something else entirely.

5 Enjoy the Sunshine!

When the weather is nice, take a trip outside. Just 5-10 minutes of sun exposure per day has positive effects on mood, sleep, and immune systems.

6 Keep Up Communication.

Teachers and parents are important partners in distance learning. If there are any concerns or confusion, let your child’s teacher know ASAP!

7 Love Over Lessons

The most important thing right now in your child’s life is physical and emotional safety and security. If your child is struggling, put school work aside and spend some quality time as a family.

