

# 10 Parent Tips for Distance Learning Success



## Make space for learning

Your children will achieve their best work in a quiet, comfortable, and dedicated space devoted to learning. Ideally, this will be a different space than where they normally play games or watch television.\*



## Ask for help

Educators want your student to be successful. If your child falls behind, reach out to your child's school/teacher to seek assistance, modifications, tips, and guidance. Remember that you're not alone in this journey.



## Keep a morning routine

Have your child set an alarm, get dressed, and eat breakfast as if he/she were going to traditional school. Keeping a morning routine will ensure some normalcy and get students in a learning mindset.



## Show empathy

Distance learning will never replace the magic that happens in physical classrooms and there *will* be bumps in the road. Acknowledge this is *not* an ideal situation and allow yourself, your children, and their teachers latitude and grace during these unprecedented times.



## Wear headphones

Distance learning will likely include synchronous instruction where students, peers, and teachers interact in real time via video conferencing. Wearing headphones will help students limit household distractions.



## Understand your role

Distance learning is not the same as homeschooling — parents are *not* expected to take the place of their child's teacher. Instead, parents should play a support role and ensure their student is present and engaged. Simply put, be their best advocate!



## Take digital recesses

Make sure children take plenty of breaks from their computer in order to get time away from the screen. Encourage them to get up, stretch, get some fresh air, and have a snack as time allows.\*



## Encourage participation

Encourage your child to participate in their online classrooms. Although it may feel awkward at first, being engaged and involved will help distance learning feel closer to "normal."



## Build a village

Distance learning presents challenges, especially for working parents who have little employment flexibility. Enlist the help of your own network of family, friends, neighbors or older children to assist with distance learning.



## Be healthy and well

It is important for everyone to do their part to help stop the spread of COVID. Wear face coverings, practice distancing, and promote hand hygiene. The sooner our community is well, the sooner we can get back to the magic that happens in our physical classrooms!