



REMOTE LEARNING

Tips to Support Your Child in a Virtual Classroom

The landscape of learning has drastically changed for children due to Covid-19. Families are adjusting to the responsibilities and expectations for at home learning.

Here are some tips for you and your child to support a positive experience while learning at home.



Environment

Work Space:

- Include child in planning the work space
- Comfortable
- Minimal distractions and background noise
- Good lighting, natural light when possible
- Work table that is clean and clutter free
- Make school supplies accessible to children

Schedule:

- Designated school schedule
 - Align with schools schedule or adapt it to your families needs
- Be consistent with daily routine (getting up, dressed, ready to learn and homework time)



Nettiquette

Internet Etiquette:

- Set household rules for remote learning and technology usage, virtual learning and social media
- Talk about school rules and expectations for remote learning
- Promote being kind and respectful toward the teacher and peers in the virtual environment
- Respect others private & personal information
- Do not type in caps - it can be considered yelling, rude or disrespectful



Self-Care

Encourage your child to:

- Find a balance between on screen and off screen time
- Use blue-light feature or glasses to reduce eye strain
- Take a brain break, take deep breaths and relax your mind
- Promote quiet time
- Encourage movement (stretching, walking, outdoor activity etc.)

Safe Socialization:

- Consider doing a weekly zoom check-in with other parents in your classroom
- Same for your children- they need to safely socialize too



Connections

Stay Connected:

- Regular and frequent contact with child's teacher
 - Daily or weekly email, google document, phone call, or virtual meeting
 - Share your contact information and the best times to reach you
 - Keep teacher and technical support contact information easily accessible
- Track assignments and online sessions
- Support your child with operating the technology and keeping it safe from damage
- Be open about your challenges and ask your teachers for clarification of expectations if you need to

- ★ Be a parent and caregiver first, don't feel like you need to take on all roles, let your teacher be the teacher
- ★ Be patient with yourself, your child, and their teacher
- ★ Engage in positive, encouraging and understanding interactions with your child

For more resources:

www.cyberbullying.org

www.BigLifeJournal.com and search for the Back To School Care Package

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For More Information Visit
www.washtenawchildren.org