



IES Grant #
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Distance Learning During a Pandemic: Focus on Families



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As a caregiver, you are being asked to take on a new role for your child - teacher. While you may have support from your child's teacher and school, suddenly taking on the responsibility of teaching your child at home can be overwhelming. Be gentle with yourself. You are doing the best you can! Below are some tips to consider along the way.

HOME CAN STILL BE HOME

Try not to stress too much about the academic time lost, it will be made up.

Instead, focus on making sure you and your child feel safe and secure during these times. Reach out for assistance. There are people who want to help you.



Consider setting up a time for your child to talk with one of their friends on the phone or a video chat.

FOCUS ON YOUR RELATIONSHIP

Focus on your relationship with your child by spending time together.

Providing quality attention to your child will contribute greatly to their social and emotional skills.

Try new things you've been wanting to try as a family, like a game night. Now is a great time to start new traditions together!

Try not to worry if you don't get lots of extra quality family time! Each day will be different.



HELPFUL HINTS: COMPLETING SCHOOL WORK

- Do school work in short segments of time. Set a timer (ex: 5-15 min). When the timer goes off take a 30 min break to move your body. This is a great time for a dance party!
- If possible, have a separate "work space" to help your child know when it is time to work.
- Set small goals for your child (ex: work for 15 min, complete a worksheet). Offer them a reward when they reach it (ex: play break, a snack, positive descriptive feedback).
- Use a first-then visual to help your child know when work time will be to help prevent challenging behavior.
- Provide a transition warning (ex: in 2 min we will be done watching TV and it will be time for some work) to let your child know when work will begin.

PROBLEM SOLVING: WHEN THINGS ARE DIFFICULT

When your child doesn't want to complete work:

- Provide your child with choices (ex: do you want to work on letters or numbers right now).
- Use a first-then visual. This will help your child know that after they do some work, they can do something they enjoy.
- Provide positive descriptive feedback when your child begins to work.
- If working is causing stress and conflict, take a break and try again later.

When the work is too hard or too easy for your child:

- Reach out to your child's teacher for work that better matches your child's current skills.
- Be prepared for challenging behavior by providing frequent breaks and positive descriptive feedback when your child is working.



Above all, remind yourself you and your child are doing the best you can given these challenging times. It is important to take care of yourself in order to best take care of those you love.

