

SIX WAYS TO HELP FACILITATE YOUR CHILDS DISTANCE LEARNING

STUDY BREAKS

Take a 5-20 minute brain break. Taking breaks helps studying by restoring attention and motivation, encouraging creativity, and reducing decision fatigue.

- go for a walk
- clean your room
- listen to music
- stretch
- make a card for someone
- make a playlist
- call a relative
- exercise
- go outside
- take a power nap
- make a snack

CREATE A WORKSPACE

Create a space for your child to mentally transition from home-mode to school-mode. Even if it's just a particular table in the house, creating a dedicated learning space can help get your child ready to work. This can be hard to do at home. Here are a few ideas:

- Allow your child to create their own space
- Give assigned seats at the kitchen table
- Make a room in the house the designated "school room"
- Have materials in the same area
- Let your child be creative with this area

PLAN

A weekly schedule should be very detailed, down to the exact hour they will work and what they will achieve. Try to not just block out time for each class but also set time aside to complete specific assignments and projects.

SUPPORT

Stay positive and encourage your child's efforts. This can be a hard and stressful time for your child. Reassure them that you are there to support them in this new territory. Encourage your child to ask questions and express their frustrations.

DISTRACTIONS

A great way to facilitate learning is by limiting distractions. There's no better way to do this than by giving your child a quiet and organized space to focus:

- Observe their time online to prevent them from getting sidetracked.
- Take away their cell phones during study time.
- Encourage a quiet atmosphere. Allow times for talking and fun every few minutes.
- Organization can go a long way in protecting against distraction. Have school materials in the same place every day..

BE CONSISTENT

Children are creatures of habit. They thrive best in routine and consistency. This is very important for a successful distance learning time. This does not have to be hard but here are a few ways to be consistent at home with your child's learning.

- Stick to your schedule! Have your learning schedule posted in the house. You could even have your child make the poster to hang.
- Encourage your child to wake up at the same time everyday.
- Take breaks at the same time.