



# Parent Tips and Tricks for Distance Learning

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## Distance Learning and Parents

Families are taking on much more responsibility for their kids' learning than ever before. And in order for distance learning to be successful, parents and caregivers need support.

First and foremost, we all should try to remember to come from a place of empathy for parents, caregivers, students, and teachers. Parents are not trained teachers, and even trained educators may have trouble teaching their own children. Parents are encouraged to try to lead with love, and remember that strong relationships with kids make for positive educational experiences.

## 10 Practical Tips and Tricks for Successful Distance Learning

1. **Make a space.** Create a special, personalized corner of a room dedicated to learning, creating and reading.
2. **Set a routine:** Little kids need more structure . You can create a visual schedule they can follow. Older kids can use a calendar, planner or digital organizer to keep track of the daily tasks. Have the kids follow a routine as if they were going to school (getting dressed, brushing teeth, eating breakfast)
3. **Taking the necessary breaks:** Taking breaks throughout school time is very important for you kid's mental and physical health.
4. **Review expectations:** Go over what the school and teachers expect around online learning.
5. **Encourage self-regulation:** Talk to kids about the connection between bodies and brains and what happens in their bodies when they feel frustrated, excited, or sad. This awareness helps kids recognize and manage their emotions.
6. **Play pretend:** Help your child in the role of work partner or teacher to help them stick to a task .
7. **Encourage ownership and effort :** When deciding how to structure the day , ask your kids what they prefer. Try to incorporate their choices into the plan. Check with them regularly about how distance learning is going.
8. **Display work:** Let kids hang up their drawings, writing, or other projects in your home. It shows them you are proud of their work and helps them value their learning.
9. **Encourage a growth mindset:** Remind kids that it is not about being good or bad at something, but working toward getting better at it.
10. **Get help when you need it:** Communicate with the school about how things are going. Everyone is doing their best, and it is important for teachers to know what's working and not working for your kids so they can get the help they need.

Sources

Commonsense.org