

## Supporting Learners At Home

Supporting our children in uncertain times like the present is challenging for all of us. The first step is to recognize that our children's daily routines have been turned upside down by the COVID-19 virus and the impact it has on the child, family and community. How can we support our children with their education?

Your local school, education authority, or school board will be part of the solution. Parents and guardians can also play an important role as schools are currently closed. For students with special needs please contact the school for assistance. Remember to be patient with your children as it may take them time to adjust to learning at home.

### Tips on how to support your children's learning at home

#### 1. Establish a schedule.

During uncertain times like these it is helpful for children to have consistency. Keep normal meal and bed times, and start learning when school typically starts each day can be helpful. A great way of communicating this is to make a schedule with your child in a calendar format that can be displayed.



#### 2. Create a designated learning space.

If possible organize learning materials and designate a common area for learning for your children. Taking the time to organize things will often alleviate frustrations and allow your children to start learning tasks on their own.



#### 3. Check in and check out.

Start the day with a check in and end the day with a check out. This helps your child feel more secure and supports them to process the situation. Some questions you can ask: What are you learning today? What materials do you need? What did you enjoy learning today? What was challenging? How can I help?



#### 4. Schedule time for play and physical activity.

Physical activity and play is essential to your child's well-being. Scheduling time for physical activity and play helps your child cope better throughout the day. Keep social distancing recommendations in mind.



#### 5. Support your child's emotional needs.

In stressful and uncertain times, children need supportive and stable relationships with trusted adults. Ask your child about their feelings and possible fears and provide them with age appropriate support. Please remember to be patient and understand that learning from home can be both stressful and difficult for children and parents.



#### 6. Monitor communications from your child's teacher and school.

Local schools and school boards will communicate with parents differently. Make sure you know how and when you can access communications. Call, email, or go to the school website for up to date information.

