



## Attend to your children's health and wellbeing.

The COVID-19 pandemic has caused adults and children alike to experience stress and anxiety due to uncertainty, health concerns, social isolation, and economic shocks. Therefore, your most important role is ensuring that your children remain physically and mentally healthy while addressing concerns that they may have with honest and accurate information communicated in a calm and reassuring manner.



## Understand your role in the distance learning model.

You should recognize that you are not meant to replace or substitute your children's regular teachers. Instead, you should provide support and encouragement to students—to the extent possible—to help keep them engaged in learning. Try to relax your own expectations of what you can feasibly do to support your children while balancing other obligations.



## Clarify school and teacher expectations for distance learning.

Schools and individual teachers may have specific requirements or guidance for students during distance learning, including set times for live learning or directions for individual assignments. As such, you should refer to communications from your children's school and teachers to determine expectations. If you are unsure of something, you should request clarification from teachers or other school staff.



## Set up a designated distance learning space.

Students will learn better in a space free from distractions and clutter. In an ideal world, this space will not be the same as where they play or have free time. However, if you do not have the ability to create a separate learning space, try to make existing spaces as conducive to learning as possible by limiting noise and storing unneeded materials.



## Establish rules and routines for learning time.

Orienting children for success in distance learning requires careful planning and scheduling of time. Therefore, try to build basic routines with your children about designated times for school work versus free time. Similarly, you should schedule breaks throughout the day to reduce screen time and ensure that your children are not consumed by learning to the detriment of recreation and relaxation.



### Looking for More Guidance?

#### [Video: 7 Tips for Parents Supporting Remote Learning](#)

In this video from Education Week, award-winning teacher Larry Ferlazzo provides seven strategies that parents and guardians can use to support students through these uncertain times and assist students in adapting to and excelling in a distance learning environment.



#### Works Cited

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