

SUPPORTING YOUR CHILD'S SUCCESS

During Distance Learning



Tips for Parents and Family Members

Parents and family members are a key source of support to students who are engaged in distance learning. Help children succeed by building a positive learning environment with the tips below.

Clear Expectations

Make sure your child understands what they are to be doing before they begin. Be clear about the actions you want to see. For example, "Your math assignment needs to be turned in by 3pm" or "Keep the volume low, so your sister can concentrate."



Choices



Everyone likes having the freedom to make some choices for themselves—including kids. Offer your child options...which assignment would they like to begin with? Where would they like to sit while reading? Students are more productive and engaged when they have the power to choose how, when, where, and what they learn.

Positive Feedback

Praise your child's hard work, but avoid sweeping general statements like, "Good job!" or "You are so smart!". Instead, offer specific positive feedback, such as: "The words you used brought your characters to life for me," as well as feedback based on effort - "You really stuck with it through those equations."



Time to Think

Give your child time to think about the questions they are asked. As an adult, it can be tempting to press for a quick answer, or to jump in to explain. However, students benefit from having some "think time" to process the question. If you feel the urge to press or explain, try silently counting to ten first.

Brain & Body breaks

Prompt your child to take regular, short breaks. Elementary students do well with a three- to five-minute break for every 10 to 15 minutes of work. Middle- and high-schoolers can typically work for up to 20 to 30 minutes before needing a break. Fresh air, water, and movement will help them regain focus and energy, and get them back in the learning zone.



Access more information for parents and students at scoe.org/covid.



Sonoma County
Office of Education