

Distance Learning with Kids

Scheduling and Performance



Create a daily to-do list

Create a daily To-Do list. Identify the tasks that you'd like to do that day and the priority to complete them. Take it a step further and identify time limits or time frames to complete each task. This will help keep you on track for that day.



Create a consistent schedule

Establish a daily routine and stick to it, including consistent bedtimes. A schedule shows your child when they can/not reach out for help and assists them to see and learn on their own. Consider having a daily "walk through" with your child so that they know where to find that day's tasks.



Be realistic with your time

Your child might need extra assistance as they navigate the virtual school experience. Even those who are not school age may be vying for your time. So be realistic and flexible with your time and expectations. Life happens.



Grade checks and communication

Districts use a variety of platforms to deliver daily or weekly communication to students and families pertaining to academic progress. Assignment awareness can assist you in keeping your child on track.

Learning Environment



Designate your workspace

When possible, have a dedicated workspace for both you and your child where you can spread out your materials and focus. If you can, avoid studying in bed or on the couch. These locations are associated with relaxation not studying, and can lead to increased distractions.



Don't compare yourself

Recognize that every family is different. During this time, we are all doing the best that we can. Comparing yourself to others often leads to feelings of inadequacy. Instead, focus on your daily gains and accomplishments.



Minimize distractions

It's easy to be distracted when learning and working from home. Apps can be downloaded to most devices to limit distractions. Cellphones and tablets are also great tools for your child to communicate their needing assistance. Consider discussing limited use of devices during the school day.



Distribute household chores

You don't have to do everything yourself. Even younger children can assist with picking up toys. It's okay if you occasionally let chores slide a few days. School might be the priority that day.

Outreach and Support



It takes a village

Reach out to friends and family for help. Perhaps you need to take a test or have an assignment due the next day. Consider asking a friend or family member if they can sit with your child, helping as needed. You don't have to do this alone.



Remember why

Why are you balancing your school and your child's education? It's not just because of COVID-19, it's because of your own educational goals; Goals that will pay off in the long run for your family.

Contact SASSI for additional resources and support

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