Tips to Supporting Your Student’s Virtual Learning at Home

1. Understand the expectations of distance learning
   - Screen time considerations for all students
   - Connect with your student’s teacher(s) often on how to support your student at home

2. Establish a flexible learning space
   - Move furniture around, be creative
   - Set clear expectations and provide structure for learning
   - Honor your student’s time and space, the same way you do when they are in the physical school setting

3. Reduce possible distractions
   - Noise and physical clutter
   - Other people such as siblings, extended family members
   - Household pets

4. Find a rhythm
   - Create a schedule that highlights your student’s strengths and energy level, and works for everyone in the household
   - Consider alternating schedules to keep interest up and reduce burnout, for example alternate days for independent learning or completing reading assignments and virtual class time

5. Check-in every morning and throughout the day
   - Start each morning with a positive greeting
   - Ask your student how they are feeling and if there’s anything they need
   - Encourage your student to reach out to friends and family; physical distancing does not mean social distancing

6. Allow frequent brain breaks
   - A quick break improves focus and help with information processing
   - Young students will need more breaks, while older students will need breaks every 20 to 30 minutes

7. Help apply learning to real-life
   - Whenever possible ask your student to apply a specific lesson to a current event, family task or responsibility, such as creating a menu or paying the bills

8. Provide immediate, positive feedback
   - Allow them to work through assignments that may be frustrating and problem-solve on their own, then praise them for sticking with it
   - Praise for completing learning tasks can help keep your student motivated and build confidence

9. Build in playtime, downtime, and family time
   - Play informal sports, games, or other physical activities with your student
   - Set time aside for relaxation, reflection, or just let your student be alone to help their physical and emotional health
   - Incorporate 20 to 25 minutes a day, 5 days a week for family time to strengthen the sense of connection and belonging with your student