

REMOTE LEARNING WITH SEESAW

Learning at Home Tips for Families

1. **Keep emotional health a top priority.** Make your relationship and connecting with your child your top priority. Model positivity and kindness.
2. **You do not need to replace your child's teacher or be an expert on every subject.** Learning at home is different. Be patient, kind, and flexible..
3. **Create a consistent [learning at home routine](#).** Routines make children feel safe and are especially important in stressful times.
4. **If you have multiple children decide what will work best.** For example, create one schedule where everyone starts at the same time, or create a staggered schedule so kids can access resources like devices when they need them. Older children can help younger children. It's a great way to learn responsibility and empathy.
5. **Create a [distraction free work-space](#) with your child.** Your child's focus is influenced by noise, hunger, exhaustion, conversation, electronics, and interest in the activity or subject they're working on. Creating a distraction free space with everyone at home can be challenging so do the best you can. Be patient and keep a sense of humor.
6. **Plan for 3-4 hours of focused learning time.** There are fewer transitions, class discussions and group projects at home so most students can cover school work in 3-4 hours. Space this time out so it works best for your child and family. Build in time for movement, chores, brain breaks and fun. Just make it routine and consistent.
7. **[Look for learning moments](#) that are unique to the home environment.** This can include cooking, chores, games, learning something new, etc. Think about the math, literacy, and science skills involved in day-to-day tasks and involve your child.
8. **Provide encouragement and support.** If your child is feeling overwhelmed or confused reassure them that learning takes time and mistakes are okay.
9. **Have your child teach you.** Give your child opportunities to teach you about what they are learning. It is a great way to discover if they really understand something and gives them an opportunity to be the expert.
10. **Your children will miss their friends and old routines.** Be patient, supportive, and loving. When possible, look for ways to spend time together and connect with others through technology or mail.
11. **Find [ways to be kind](#) to each other and find humor where you can.**