

## **Guidelines for parents/guardians to support distance learning at home**

We know the move to distance learning may not be easy for every family. Rainbow District School Board is sharing guidelines to help ease the transition.

### **Establish routines and expectations wherever possible**

The absence of routine may make it difficult for some children to adjust. Try setting regular hours for your children's school work and keeping normal bedtime routines. Children should move regularly and take periodic breaks as they study.

### **Create a physical study space**

Families are encouraged to establish a space/location where their children will learn most of the time. To help your child stay on task, try establishing a space where you are able to monitor your child's learning. Connect with your child's teacher for support and suggestions in this area.

### **Monitor communications from your child's teachers**

Teachers may communicate with families through email, online learning platforms (such as Seesaw and Google Classroom) and/or by telephone. Encourage your child to explain the learning tools that are being used. Many of these online tools also have parent communication for your reference.

### **Check-in at the start and end of each day**

Some children struggle with too much independence or lack of structure. By starting and finishing each day with a simple check-in, children can better process the instructions they've received from their teachers, organize themselves and set priorities. Secondary students may not want to have these check-ins, but we recommend they do nevertheless.

### **Play an active role in your child's learning**

While some of the regular school day social interactions will be re-created on virtual platforms, others will not. Regularly circle back and engage with your child about what they're learning. It's important, however, that your child owns their work. Don't complete assignments for them, even when they are experiencing difficulties.

### **Establish times for quiet and reflection**

Each family's circumstances are unique and will require families to not only adapt but to also do what's best based on their situation. Consider using headphones to create a quieter space to complete work. If your living arrangements allow, try finding different times or rooms for siblings to complete work to avoid distractions. Establish these parameters from the beginning to build habits of success.

### **Encourage physical activity and/or exercise**

Remind your child to move and exercise. Research shows that increased physical activity links with positive changes in cognitive functioning, health, well-being and learning. Consider an online physical challenge and/or exercise class.

### **Be mindful of your child's feelings**

Try to help children manage the worry, anxiety and range of emotions they may experience. Physical distancing can be seen as an opportunity to learn with your kids and increased family time. Stay connected through social media, phone or video calling with family and friends. You can also access [mental health resources](#) for support.

### **Monitor time spent online**

Monitor the length of time your child is spending online. Communication is key and teachers will require your feedback in order to find the necessary balance.

### **Stay social, but set parameters for social media**

Monitor your child's use of social media and the platforms they use. Remind your child/teen to be polite, respectful and appropriate in their online communications, and to represent your family's values in their interactions with others. Online interactions should continue to align with the school and board's [Acceptable Use](#) procedures.

**Source: Peel District School Board**