

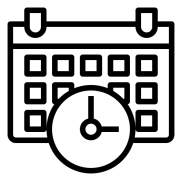
Remote Learning Resources

HOW PARENTS CAN HELP



Designate a Workspace

Create a designated workspace where your child is able to focus on their educational tasks.



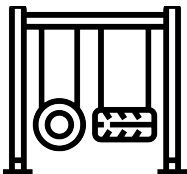
Develop a Schedule

Set specific times to work on specific content areas, and be sure to include breaks. Students need time to focus on learning but they also need time to move around and relax.



Minimize Distractions

Turn off the television and make sure that all toys and games are put away out of sight. If your child is still having problems focusing, consider noise-canceling headphones.



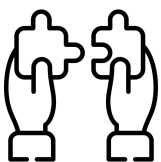
Encourage Physical Activity and Exercise

Encourage them to use the breaks in the day to stretch, walk the dog, or do jumping jacks – any movement helps!



Communicate with the Teacher

Don't hesitate to reach out to the teacher if you have questions or need suggestions on how best to help your child.



Don't Expect Perfection

Things don't happen perfectly or smoothly in the classroom, so they aren't going to at home, either. Accept that this is a learning process for both you and your children, and it will get easier over time.