

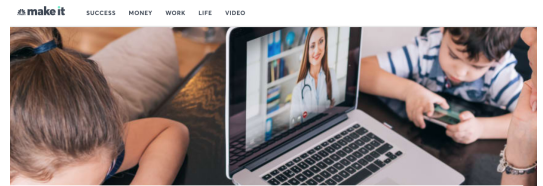
SUPPORTING STUDENTS' LEARNING

AT HOME DURING THE COVID-19 PANDEMIC

USEFUL STRATEGIES FOR PARENTS

For many students in the country, learning online during a pandemic has been difficult. Many parents like you are also struggling with balancing an already busy life with the challenge of motivating and making sure kids are progressing in school.

It is important to know that you are not alone and not to blame if you or your children are having a tough time. The goal of this handout is to give parents like you some practical strategies to make sure that your children are completing and turning in their schoolwork on time. Click on each strategy listed on the right to read our practical tips and advice in detail!



make it SUCCESS MONEY WORK LIFE VIDEO

CLOSING THE GAP
Parents struggle with remote learning while working from home: 'I'm constantly failing'
Published Thu, Sep 17 2020 8:39 AM EDT
<https://www.cnn.com/2020/09/17/remote-learning-why-parents-feel-theyre-failing-with-back-to-school-from-home.html>

What's included in this issue:

- ❖ [TALKING WITH YOUR CHILD](#)
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01 | TALKING WITH YOUR CHILD

Talking with your child is perhaps the simplest and easiest way to help your child. Giving advice and reassurance, listening, and working together to solve problems and plan for solutions are some of the most important supports parents can provide their children!

If your child is having problems completing their schoolwork, allowing your child to express to you what they're going through is a first step toward understanding the root of your child's problems and taking action to solve them.

TIPS

- ❖ ASK YOUR CHILD HOW THEY'RE DOING EMOTIONALLY
- ❖ THEN, ASK YOUR CHILD IF AND HOW THEY'RE HAVING PROBLEMS WITH THEIR SCHOOLWORK: IS IT BECAUSE THEY FIND IT BORING, THEY DON'T UNDERSTAND THE WORK, OR ARE THEY NOT GETTING THE HELP THEY NEED?
- ❖ THEN, TALK WITH YOUR CHILD WHY IT IS IMPORTANT THAT THEY DO THEIR HOMEWORK (E.G., TO GET GOOD GRADES SO THEY CAN GO TO COLLEGE AND GET A GOOD PAYING JOB)

QUESTIONS TO ASK YOUR CHILD

HOW TO ASK HOW YOUR CHILD IS FEELING

- ❖ HOW DO YOU FEEL ABOUT THINGS HAPPENING IN THE WORLD RIGHT NOW ?
- ❖ DO YOU HAVE ANY WORRIES ABOUT THE CORONAVIRUS?
- ❖ HOW DO YOU FEEL ABOUT STAYING AT HOME FOR SCHOOL?
- ❖ IS THERE ANYTHING YOU WANT TO TALK ABOUT?
- ❖ WHAT DIFFICULTIES ARE YOU FACING NOW?

HOW TO MAKE YOUR CHILD FEEL BETTER

- ❖ WHAT CAN I DO TO HELP?
- ❖ WHAT MAKES YOU FEEL CALM?
- ❖ CAN YOU THINK OF ANYTHING FUN WE CAN DO AT HOME?
- ❖ WHAT HAVE YOU ENJOYED ABOUT TODAY?

HOW TO BEST HELP YOUR CHILD WITH SCHOOLWORK

- ❖ WHAT COULD HELP YOU COMPLETE YOUR SCHOOLWORK AT HOME?
- ❖ WHERE IN OUR HOME DO YOU FEEL LIKE YOU CAN HAVE YOUR OWN SPACE?
- ❖ WOULD IT HELP IF WE PLANNED EACH DAY TOGETHER?
- ❖ WHAT THINGS WOULD YOU LIKE TO DO IN THE FUTURE?

<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/>

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02 | LEARNING AND DOING ACTIVITIES TOGETHER

Learning and doing educational activities together with your child has many benefits. First, doing educational activities helps parents relearn skills that their children are learning, which makes it more likely that parents can help students with schoolwork when needed. Second, learning together can help start or continue students' interest in specific subjects in school. Last, doing activities together can help strengthen your bond with your child, helping you to become closer with each other!

In this page, we offer some suggestions for enriching math games, lessons, and activities that you and your child can do together. On the right are resources at Math CEO and below are other places online to learn math and science together!

RESOURCES AT MATH CEO

- ❖ [MATH CEO GAMES](#)
- ❖ [MATH CEO PRINTABLE ACTIVITIES](#)
- ❖ [VIRTUAL MATH CIRCLE ACTIVITIES](#)
- ❖ [PERSONAL ENRICHMENT ACTIVITIES](#)

OTHER PLACES TO LEARN MATH AND SCIENCE TOGETHER!

PBS DIGITAL STUDIOS

- ❖ [PHYSICS GIRL](#)
- ❖ [TWO CENTS \(FINANCIAL LITERACY\)](#)

PBS LEARNINGMEDIA COLLECTIONS

- ❖ [MATH AT THE CORE](#)
- ❖ [KHAN ACADEMY](#)
- ❖ [CYBERCHASE](#)

NASA SCIENCE ACTIVITIES

- [NASA FAMILY ENGAGEMENT](#)
- [JPL EDUCATION ACTIVITIES](#)

MATH VIDEOS ON YOUTUBE

- ❖ [ADUGO & KOMIKAN](#)
- ❖ [HNEFATAEL](#)
- ❖ [STUDY HALL - ALGEBRA](#)

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03

STRUCTURE, SCHEDULES,
& ROUTINES

Though it may be hard, providing structure of your child's everyday life by having a daily schedule for learning helps students know what's going to happen during the day. It also helps students know what expectations you have for them in their learning!

CREATE A SCHEDULE WITH YOUR CHILD!

It can be as simple and easy as using your phone's Notes app!

♥ After School Routine ♥

4:50 pm-unpack bag and take dog out if necessary 🐕
 5:00 pm-quick small snack and get on phone 📱
 5:05 pm-homework time 📖 no phone
 5:30 pm-spend time with family 👨‍👩‍👧
 6:15 pm-eat some dinner 🍲
 6:45 pm-play with dog 🐕
 7:20 pm-text friends 📱
 7:40 pm-take shower 🚿
 8:05 pm-face care 🧴
 8:15 pm-brush teeth 🦷
 8:18 pm-brush hair 🧴
 8:20 pm-go watch TV with family 📺
 9:00 pm-put phone away 🙅
 9:05 pm-pick out outfit 👗
 9:10 pm-read 📖
 9:40 pm-free time 😊
 10:00 pm-go to bed

after school routine 🌿

[5:50] get a snack & be on phone 🍌
 [6:00] put your phone away and do your homework 📖
 [7:00] dinner time 🍲
 [7:20] free - exercise, read, be social
 [7:35] clean room & chill 🧹🦋
 [8:00] finish all your homework! 📖
 and pack your bag 🎒
 [8:30] shower & skin care 🚿🧴
 [8:50] free time ⌚🌟
 [9:30] charge phone & sleep zzz

TIPS

- ❖ TALK WITH YOUR CHILD ABOUT SPACE AND TIME THAT THEY PREFER TO DO SCHOOLWORK. SET UP A DESIGNATED PLACE AT HOME AND TIME FOR DOING HOMEWORK
- ❖ MAKE A SCHEDULE WITH YOUR CHILD. WHEN TO DO SCHOOLWORK AND WHEN TO HAVE FUN/FREE TIME
- ❖ CONSISTENCY IS KEY! MAKE THE PLACE AND TIME FOR YOUR CHILD TO DO THEIR HOMEWORK THE SAME EVERY DAY AS MUCH AS POSSIBLE; MAKE THIS A ROUTINE THAT YOUR CHILD CAN EXPECT
- ❖ KEEP THE HOME QUIET DURING THE TIME YOUR CHILD DOES THEIR HOMEWORK AS MUCH AS POSSIBLE
- ❖ BE FLEXIBLE. KNOW WHEN YOUR CHILD NEEDS A BREAK AND FOR HOW LONG.
- ❖ TALK TO YOUR CHILD ABOUT BOUNDARIES (E.G., WHEN OR WHEN NOT TO ENTER A ROOM WHEN THEY ARE IN A ZOOM CLASS MEETING)

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04 | CHECKING HOMEWORK

Checking your child's homework and giving your child rewards and consequences are important strategies to go along with creating everyday structure, schedules, and routines. Checking your child's homework every day ensures that your child is submitting required schoolwork. Giving rewards when your child works hard and does well in school while giving consequences when your child don't do their schoolwork can encourage them to work hard and succeed in school.

CHECKING HOMEWORK

- ❖ USE YOUR PHONE/DEVICES TO SET ALARMS AND REMINDERS FOR WHEN YOU NEED TO CHECK YOUR CHILD'S HOMEWORK
- ❖ HAVE YOUR CHILD SHOW YOU THEIR HOMEWORK EVERY DAY WHEN THEY ARE DONE AND HAVE THEM SHOW YOU THAT THEY SUBMITTED THEIR HOMEWORK ONLINE
- ❖ IF YOU AREN'T AT HOME TO CHECK YOUR CHILD'S HOMEWORK, ASK A FAMILY MEMBER TO CHECK IT OR HAVE YOUR CHILD TAKE A PICTURE OF THEIR FINISHED HOMEWORK AND SEND IT TO YOU VIA TEXT MESSAGE
- ❖ HAVE YOUR CHILD SAVE THEIR HOMEWORK ASSIGNMENT IN A FOLDER IN THEIR DESKTOP AFTER THEY HAVE SUBMITTED IT IN CASE THERE IS A TECHNICAL DIFFICULTY, AND THE TEACHER CAN'T SEE IT

05 | REWARDS & CONSEQUENCES

REWARDS & CONSEQUENCES

- ❖ GIVE YOUR CHILD A REWARD OCCASIONALLY FOR DOING THEIR HOMEWORK
- ❖ REWARDS DO NOT HAVE TO COST MONEY (E.G., MAKE THEIR FAVORITE FOOD)
- ❖ AVOID PROMISING REWARDS BEFORE THEY FINISH THEIR WORK. REWARDS SHOULDN'T BE EXPECTED!
- ❖ SET CONSEQUENCES FOR YOUR CHILD IF THEY DO NOT COMPLETE THEIR HOMEWORK AND FOLLOW THROUGH
- ❖ AVOID YELLING OR INFLECTING HURT ON YOUR CHILD
- ❖ INSTEAD, TRY TO TAKE AWAY THEIR PRIVILEGES FOR A CERTAIN AMOUNT OF TIME (E.G., SOMETHING THEY REALLY VALUE, LIKE THEIR PHONE)

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06 | GETTING HELP FROM FAMILY, FRIENDS, AND NEIGHBORS

It takes a village to raise a child. It is difficult for one parent to have the sole responsibility in helping students. Sharing responsibility ensures that one person in the family isn't over-burdened with supporting students (To those who do it, we thank you; you're AMAZING and hope that our other tips help you!). Many families throughout the country have sought help from their families, friends, and neighbors; their communities have given them the opportunity to help their children collectively!

TIPS

- ❖ SHARE RESPONSIBILITIES WITH OTHER FAMILY MEMBERS IN MAKING SURE THAT YOUR CHILD IS DOING THE HOMEWORK AND CHECKING HOMEWORK
- ❖ CREATE FAMILY/NEIGHBORHOOD STUDY AND HOMEWORK GROUPS
- ❖ YOU AND OTHER PARENTS CAN TAKE TURNS WATCHING OVER OR CHAPERONING STUDY GROUPS
- ❖ STUDY GROUPS MIMICS A CLASSROOM LEARNING STRUCTURE AND SETTING; GETS STUDENTS IN A "LEARNING MODE"
- ❖ GETTING OTHERS' HELP SERVES AS ADDITIONAL CHECKS FROM OTHER PEOPLE FOR YOUR STUDENTS TO COMPLETE THEIR SCHOOLWORK

Parents Turn to 'Pods' for School During Pandemic

By Jennifer Clifton

Aug. 14, 2020 -- This summer, Lian Chang and her husband were trying to figure out how some child care and socialization would be possible for their 3-year-old while still managing exposure to COVID.

"Like so many other families, the pandemic changed things in so many ways, so we were in the middle of talking with another family about creating a pod," Chang says.

EdSource

Low-income parents turn to neighbors, family for help with distance learning

Instead of the small learning groups and private tutors some wealthier parents are arranging for their children this school year, many low-income parents are turning to family members, neighbors and friends for child care and help navigating distance learning.

<https://edsource.org/2020/low-income-parents-turn-to-neighborhood-networks-for-help-with-distance-learning/639061>

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07 | COMMUNICATING WITH TEACHERS

Your child's teachers may know the most about any educational difficulty your child may be facing and what needs to be done to help them. So, it's incredibly important to communicate with your child's teachers.

Given that some parents may find it challenging to talk and connect with their child's teachers, we offer you some tips and examples on how to communicate effectively with teachers and school personnel.

TIPS

- ❖ KNOW TEACHER'S CONTACT INFORMATION (IF YOU DON'T KNOW, ASK YOUR CHILD; ASK OR HAVE YOUR CHILD ASK DURING CLASSES)
- ❖ IF YOU DON'T FEEL COMFORTABLE TALKING WITH TEACHERS, IT MAY HELP TO ASK FAMILY MEMBERS OR FRIENDS TO HELP YOU TALK WITH TEACHERS
- ❖ CALL OR SEND OUT A QUICK, SHORT MESSAGE TO YOUR CHILD'S TEACHER TO INITIATE GETTING HELP

STARTING A CONVERSATION WITH TEACHERS



Here is an example on how to start a conversation with teachers. Feel free to use copy and paste for emails or use as a guide to talk with teachers on the phone!

Dear [Teacher],

My name is [Your Name]. I am the parent of [Child name]. I would like to speak with you about my child's progress in your class. Would you be able to contact me at [contact information] when you are available? The best time to talk to me would be [Times to call teacher].

Thank you for your time.

*Sincerely,
[Your Name]*

MORE TIPS ON COMMUNICATING WITH TEACHERS ON THE NEXT PAGE!

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07 | COMMUNICATING WITH TEACHERS

SOME MORE QUESTIONS TO ASK TEACHERS

- ❖ HOW DO I CHECK MY CHILD'S SCHOOL ASSIGNMENTS THROUGH ONLINE PORTALS (CANVAS, GOOGLE CLASSROOM)?
- ❖ HOW DO I CHECK FOR MY CHILD'S GRADES AND MISSING ASSIGNMENTS ONLINE?
- ❖ HOW DO I GET ALERTS EVERY WEEK TO SEE WHICH ASSIGNMENTS MY CHILD HAS COMING UP?
- ❖ HOW CAN I MONITOR MY CHILD'S PROGRESS AND SCHOOL ASSIGNMENTS?
- ❖ HOW CAN I SUPPORT MY CHILD AT HOME?
- ❖ WHERE CAN I GET MY CHILD HELP IF I CAN'T HELP THEM?
- ❖ CAN I MEET WITH YOU VIA THE PHONE, SKYPE, OR ZOOM?

It is important that your teacher responds to you and that you both work together to solve problems at school your child may have. If your child's teacher does not respond to you in a week, follow up with the school administration and make them aware of the issue.

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