

# Helping Your Child Learn During and After COVID-19: Keeping Your Children Motivated and Engaged

Keeping children motivated and engaged in learning after this past year can be challenging, but there are big and small ways that families can help kids be ready and excited to learn. You are the expert on your children—lean into their interests and how they are feeling. Here are tips, videos, and other tools to help:



## Help children feel like they can be successful at what they are learning

Check out [these parent/teacher videos](#) to see that you are not alone and get great advice. Find resources to help with motivation [here](#), and explore these [additional tips](#) for keeping kids interested, especially during online learning.

## Make learning relevant and meaningful

Lean into your child's interests and let them show off what they know. After they read or finish an activity, ask your child to teach what they've learned to you, a family member, or a friend, either in-person or virtually. That way, your child can review important skills, build confidence and bond with others.

## Focus on your child's effort and progress

Try language like, "You worked really hard on that," or "Writing is hard, but I can see how much you are improving with practice!" [Praising effort will help your child keep](#) trying new and challenging tasks.

## Help your child learn by engaging them in different ways

Interest is kept alive by trying different ways of learning, not just looking at textbooks all day. As long as the new activity informs your child about the academic subject—[like clapping or drawing a math lesson](#), sketching in science class, or acting out a story—it can help your child learn and have fun.



## Support life skills that help your child in and out of school

[Show your child](#) how to solve problems and learn from mistakes, especially during hard moments. To encourage responsibility, ask your child to help out with age-appropriate chores, like setting the table, cleaning up after an activity or feeding a pet.

## Try these practical tips when your child isn't listening

While it can be hard to stay calm when your child isn't listening, [simple strategies](#) like repeating clear directions, calling for a break, or even getting silly work better over time and help avoid yelling. For younger children, check out [these videos](#) to help with common challenges, such as [transitioning](#) from playtime to work time, [accepting](#) when a parent says "No," and [avoiding/stopping](#) tantrums.