

Helping Your Child Learn During and After COVID-19: Setting the Stage for At-Home Learning

Balancing your child's hybrid/remote learning at home with your other responsibilities can feel overwhelming. Small changes, like identifying a learning space and setting routines, can make this burden a little easier:



Identify a space for learning at home

A [learning space](#) can be anything from a desk, a place at the table or counter, or a large box with pillows to create a reading nook. You can use a shoebox, plastic bag or shower caddy to store the materials your child needs. Try to limit distractions as much as you can. Some children have found that headphones help them focus.

Create a consistent daily schedule that includes school classes

Having a regular schedule can help your children know what to expect and be ready for the next activity. Aim for a solid [2 to 3 hours](#) total of academics per day (more for older children) and include short breaks between activities. [Khan Academy](#) has sample home learning schedules by grade, and this [brief article](#) has ideas for helping your child stay focused. Here are two more quick tips:

- **Help with time management and goal-setting:** Find time for a family huddle at least once each week. Talk about who will help your child join virtual classes and complete work. Involve your child in [setting goals](#) to practice self-control—they can write a list or draw pictures of their goals. As goals are completed, celebrate with a high-five or a sticker to keep them motivated.
- **Change it up with [brain breaks](#) and physical activity:** When possible, alternate schoolwork with physical activity breaks (short walks, exercise), hands-on learning (reading, art, play, home science experiments), educational screen time (virtual museum tours, online activities) and social connections (such as playing games like Roblox or Minecraft—make sure that functions like chatting with strangers are turned off).



Model self-control (self-regulation) skills by sharing your own strategies

An example is: "I'm having trouble focusing today. I'm going to take a break. Do you want to take a walk together? When I come back, I'm going to make a list of the things I need to do." Check out [these tips](#) for using music games to help with [self-control skills](#).

Find screen time tips based on your child's age

Check out this [resource](#) for tips on setting screen time limits and helping your child develop positive habits with technology.

