



10 Parent Tips for Digital Learning

Helping students succeed one student at a time

We know parents are playing a much larger role in their children's learning, while navigating the stressors of work, home life, and a global pandemic.

Understandably, parents are feeling a great deal of uncertainty. So, how can parents balance distance learning and their own home and work responsibilities?



Tip 1 – Understand Your Role

Parents are not expected to take the place of their students' school teachers. Instead, parents should play a support role. A good rule of thumb is to keep your children engaged and thinking critically. Even though staying home from school might feel like a holiday, remind your children that they are not on vacation

Tip 2 – Make Space for Learning

Your children will achieve their best work in a quiet, comfortable, and dedicated space devoted to learning.

Ideally, this will be a different space than where they normally play games or watch television.



Tip 3 – Set Clear Expectations

Parents should build time into their day to assist with their students' learning, and

schedule separately other activities they know their students will be able to do independently. Consider scheduling "office hours" when you're available for school-related questions and help.

Tip 4 – Encourage Reading

When in doubt, have your children read. When you have time, read with them. For younger readers, consider using audiobooks. If you can't do anything else, have your children read!

Tip 5 – Plan your Work & Work your Plan

Good planning can relieve stress for both children and parents. Check-in with your children about their plans and help them develop a written schedule not only for the day, but for the week. Help them prioritize and learn to



create goals, tasks, to meet established deadlines, just like adults do when they go to work.

Tip 6 – Show Empathy

Allow yourself, your children, and their teachers some latitude and grace during these unprecedented times. Understand you are not going to have all the answers and this transition is not going to be perfect. Acknowledge this is not an ideal situation for anyone and give yourself permission to be flexible.

Tip 7 - Use Supplemental Resources



Utilize any and all available resources to enhance independent learning, such as online

games, education videos, educational TV (PBS), audio books, or virtual fieldtrips.

Tip 8 – Don't Forget to Have Fun

It is rare for parents and children to have this much time together, so turn it into an opportunity for bonding. Remember, your relationship with your child is what is most important, at this time.



Tip 9 – Ask for Help

Remember that you are not alone in this journey. For parents working with multi-aged children, take a team approach and ask older siblings to help support younger students. Do not hesitate to ask your children's teacher for tips and guidance. Additionally, reach out to other parents to see what they have found effective.



Tip 10 – Take Regular Digital Recesses

Make sure your children take plenty of breaks from computers in order to get time away from screens. Set alarms or schedule breaks similar to those students would encounter at school, and encourage them to get up, get some fresh air, have a snack and participate in physical activities.