

Parent quick tips & tricks for remote learning

Kelsey Garcia Faber, Manzanita School
Counselor
kgarciafaber@cfsd16.org

Some ideas to keep in mind...

*As a reminder: the ideas & resources referenced in this presentation are not formal recommendations nor are affiliated with CFSD or Manzanita. Parent discretion is advised.

- It's typical for dynamics to be different in how your child responds to you vs. how they typically respond to their teacher during their learning (they are *most* comfortable with you- a blessing & a curse!)
- We can find strategies, but no magic fixes
- Flexibility is key (& many students know/have heard that word at school, talk about it!)
- Try to keep the focus on the child, rather than on the work

Building a learning workspace

- Designate a specific work area for learning
 - Space free of distractions (i.e. tv, other screens)
 - Place where your child feels safe & comfortable
 - Some classrooms utilize flexible seating to allow for movement, consider whether this could be helpful or appropriate for your child's learning space. Set clear expectations for these **learning tools**.
 - Have any/all materials that will be needed ready & accessible ahead of time (this includes water, or anything else that might become a "want")
- Make a schedule & stick to a routine as much as possible



Learning & work strategies

- Communication with teachers is key, this is new for everyone
- Utilize visual lists and/or picture charts (for routine & redirecting)
- Chunk, chunk, chunk! Break things down into smaller, mini goals with check-ins or breaks in-between
- Use a visual timer (motivate focus, visualize stopping point, redirect to goal)
- Focus on using positive reinforcement
- Give detailed praise of effort
- Give as much ownership/voice to child in learning as possible
- Put all due dates in one place

Troubleshooting

- Identify a buddy family in class
- Build in time for unexpected (expected!) tech troubles
- Create a break or “I need” menu **with** child, include visuals
- Come up with a nonverbal cue or safeword for when things feel overwhelming
- Designate a cool down or mindful spot

What do I need?



A drink of
water



A quiet moment



A breathing
strategy



Help with my
work



A hug



To tell someone
how I feel



A question
answered



A quick walk
with fresh air

Troubleshooting continued

- Focus on the bare minimum, what *has* to be done today?
- Prioritize work into 3 “buckets”, A, B & C
- Reflect feelings back, look for underlying need
- Designate a comfort item to use during breaks, to have visually placed in the learning area, or resting on lap
- Consider making a reward system
 - One, single goal to focus efforts on (i.e. “I will be a first time listener”)
 - Talk about what that goal looks & sounds like
 - Give points (stickers, smileys, etc.) as frequently as possible, try to ignore negative
 - Make rewards quickly achievable in the beginning (get the buy-in)
 - Come up with reward idea together- & it doesn’t have to be *things* (i.e. picking dessert, 1 on 1 walk, 5 extra minutes of screen time, choosing movie, etc.)

Screen time

- Fresh air breaks
- Shut down 2 hours before “wind down” time prior to bed
- Consider having a “tuck in” system
- Consider having a “check out” system
- Use in family or learning areas
- Keep in mind Youtube & google docs are open communication forums
- Monitor own screen time use & habits

Your oxygen mask

- They feel what you feel, even if you don't say it
- Take a break when you need one too
- Solutions, natural consequences, and next steps *can* be delayed
- Notice/ID what your triggers are
- ★ **Identify your support circle**
- ★ **Identify your self care plan**

For more information:

- [Child Mind Institute: Supporting Families During Covid-19](#)

Covid-19, remote learning & addition of any other mental health challenges (also available in Español)

- [Imperfect Families: How to prepare for your child's next meltdown](#)

Strategies & insights for when your child is emotionally struggling

- [Teach Thought: 22 Remote Learning Tips for Parents](#)

More detailed tips & resources for at home learning

More information continued

- [Common Sense Media: Parent Tips & Tricks for Distance Learning](#)

Applicable ideas to “keep kids focused, interested, and balanced while learning from home”

- [Imperfect Families: Kids & Screens](#)

“How to build healthy habits & keep your relationship strong”

- [The Conversation: Families can support kids' mental health whether they're learning remotely or at school- here's how](#)

Conversations & strategies for building your child's mental health toolkit