

► How do I best support my child while

LEARNING AT HOME



Create a Schedule

- Create chunks of time for all routines
 - Include child's input
- Write it down and post it
 - Schedule breaks

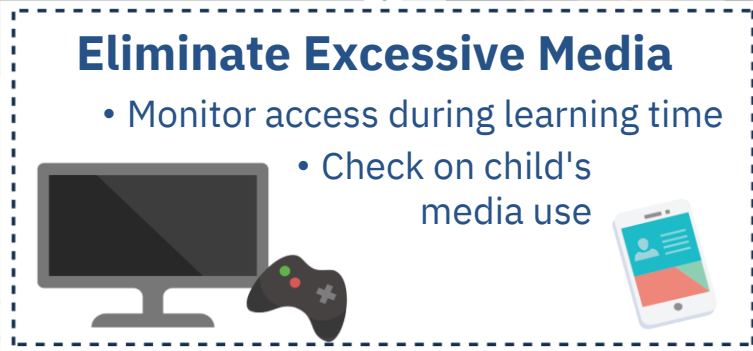
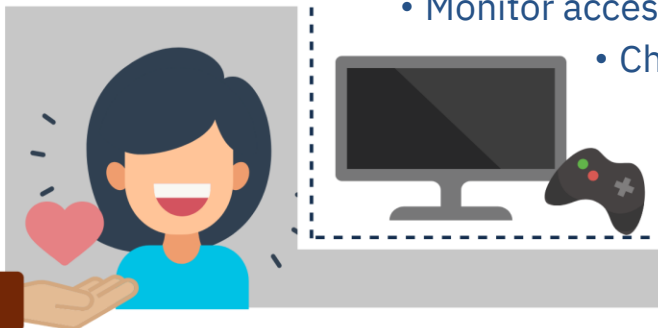
Define a Learning Space

- Provide different seating options
 - Eliminate clutter
- Organize necessary materials nearby
 - Reduce distracting noise
 - Provide instrumental study music
- Check regularly on child's progress



Eliminate Excessive Media

- Monitor access during learning time
- Check on child's media use



Support your Child's Mental Health

- Inform yourself about COVID-19
 - Be honest and reassuring
- Explain in an age appropriate manner
 - Limit child's exposure to media coverage

Set Goals and Provide Incentives

- Consider long and short term goals
- Include child in setting realistic goals
- Track progress informally or formally
 - Determine appropriate incentives; they do not have to be tangible