

HOME LEARNING WITH SEESAW

## Resources for Families

The transition to home learning is a big change for your child. The resources and guidelines below can help you work with your child's school to make home learning a positive experience.

### **1. Monitor communications from your child's teacher and school.**

Make sure you know how and when you will receive communications.

### **2. Establish a schedule.**

During a big transition, students need consistency. Keep normal meal and bed times, and start learning when school typically starts each day.

- Write your child's schedule where they can see it  
(*Tip: Put all family members' schedules up together!*)

### **3. Create a designated learning space.**

Organize learning materials and designate a common area for learning. Ideally, the space has a strong wireless connection, can be blocked from noise at times, and is located where family members can participate in your child's learning.

### **4. Begin and end each day with a check in.**

Designate time to check in with you child helps your child feel more secure and supports them to process the situation.

- Questions to ask: What are you learning today? What materials do you need? What did you enjoy learning today? What was challenging?

### **5. Schedule physical activity and social interaction.**

Physical and social activity are essential to your child's wellbeing. Scheduling time for movement, social interaction, and play helps your child have a positive experience at home.

- Ideas: Create a family dance, act out a scene from a book, interview a family member, play your favorite game, cook or bake your family's favorite recipe

### **6. Support your child's emotional needs.**

In stressful times, children need supportive and stable relationships with trusted adults. Stay close with your child and provide age-appropriate information.