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## FAMILY TIPS for Schooling at Home

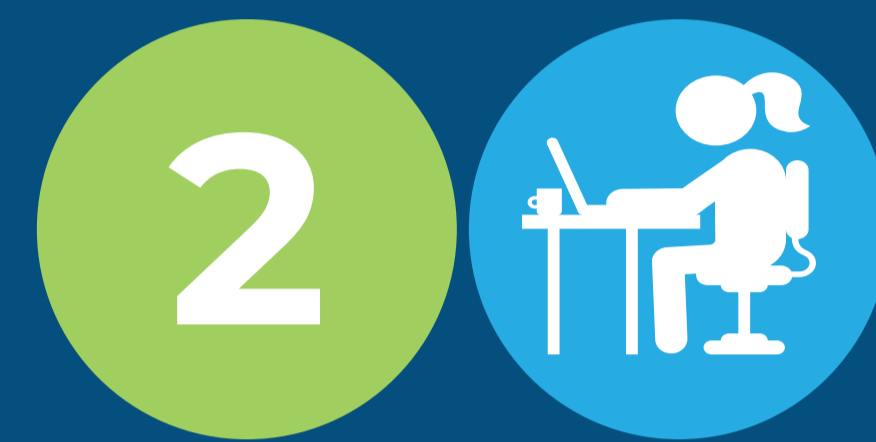


### Don't Panic, Plan!

Creating an overall plan that fits your family situation will lessen stress and give you a sense of control in these uncertain times. Children will be relieved to know that you are in charge. Include in your plan:

- Number of school hours per day,
- Expectations of behavior,
- Positive acknowledgment system, and
- Guidelines for social media/electronics, free time and asking for help.

- Separate work and play areas, if possible.
- Designate individual spaces for each child.
- If separate spaces aren't available, make school materials off limits during downtime and toys/video games/electronics off limits during school time



### Designate Workspaces for Children & Adults

- Review schedules and timelines from your district.
- Have a set start and end time for the school day. This may change over time.
- Provide choices, interests & preferences, physical activity and social time.
- Build in time for lunch, snacks, breaks and recess.



### Establish Flexible Schedules & Routines

- Enlist others to listen to reading, tutor or listen to children talk about their lessons of the day over FaceTime, phone or another platform.
- Create assignments that include interviewing relatives, writing letters to family or reading and sharing the same book.



### Engage with Family, Friends, & Others to Share the Load

- Let students know when they've done a good job or tried hard.
- Pat yourself on the back for handling the role of teacher, parent and in many cases, employee.



### Celebrate Accomplishments!