

KPR Distance Learning - Suggestions for Families

Here are 10 suggestions to help parents support their children's success while learning at home.

1—Establish routines

Set regular hours for schoolwork that reflect the needs of family members. A regular routine will support everyone – encourage movement, take breaks and keep normal bedtime routines.

2—Identify a work space

Establish a space where children will learn most of the time - a quiet space where parents can supervise and support their children's learning.

3—Communicate with teachers

Educators will communicate regularly through email, or phone for those who do not have access to the Internet. The frequency of these connections will be based, in part, on your children's needs.

4—Regular Check-Ins

Check-in regularly with your children to help them understand instructions, organize themselves and set priorities. Great questions include: What are the learning goals or big ideas? What resources do you require? What support do you need?

5—Help your children own their learning

Group discussions, asking questions, and collaborating on projects are part of a normal school day. Some of these social interactions are recreated online, but your child will also need to complete their work as independently as possible. If your child is struggling, please contact the teacher.

6—Establish time/space for quiet and reflection

Families with multiple children may have challenges managing their children's learning needs. Siblings may need to work in different rooms to avoid distraction. Consider using headphones if they are available.

7—Encourage physical activity

Movement and exercise are vitally important for health, well-being and learning. Frequent breaks for movement are encouraged.

8—Be mindful of your child's stress or worry

Your continued attention to your children's questions and concerns is important. You can provide reassurance by listening and talking with them.

9—Monitor screen time

Avoid having students engaged with a computer screen for lengthy periods. Your patience is appreciated as educators learn how to use technology effectively to support distance learning.

10—Stay social, but set guidelines

If your child uses social media to connect with peers, encourage responsible use of technology – being respectful and appropriate in communicating with others is very important.