

6 TIPS FOR PARENTS ON DISTANCE LEARNING

1. HELP YOUR CHILD ESTABLISH AND STICK TO A ROUTINE.

Help your child establish and stick to a routine. Treat school days just like you would if your child was attending school as usual. This includes having them get up at the same time every day, get properly dressed, and eat a healthy breakfast.

What normally comes next is the trip to school, so during this “travel time” feel free get out of the house, go for a walk or take a 10-minute drive around the neighborhood. And when you get back home, be ready to start online learning or an at-home learning exercise to get the “school day” started.

2. CREATE A LEARNING ENVIRONMENT.

Choose a good place in your home dedicated to school-focused activities. Make sure it is quiet and free from distractions so that your child can associate this space for school and learning.

3. TAKE FREQUENT MOVEMENT BREAKS.

When our children are not in an optimal arousal state for attention and focus, they are not learning. Encourage movement by playing a favorite song, moving to get your “wiggles” out, and clapping your hands. It will provide proprioceptive and vestibular input that will promote calm helping their bodies to prepare for the next learning activity.

4. CELEBRATE THE SMALL VICTORIES.

It's very easy to get overwhelmed or frustrated when things are not going well. But it is very important that we acknowledge all the things that are going well. Celebrate the small victories by noticing accomplishments and calling them out.



5. ASK FOR HELP.

It's okay to ask for help! Whether it be your child's teacher, occupational therapist, or other professional who works with your child, go ahead and ask for clarification, strategies, or ideas on ways to support your child. Talk to your spouse, significant other, trusted friend, or psychologist if you feel overwhelmed.

6. TAKE CARE OF YOU.

This one is extra important, and we hear it often, but take care of you. If you're not taking care of your own physical, emotional, mental, and spiritual needs, you will have less energy, space, and patience to connect with and take care of your children. Even 10-15 minutes of scheduled “me” time during the day is beneficial.

WAYS TO CELEBRATE SMALL WINS

- ❖ CLAP, CHEER, AND CELEBRATE THE MOMENT
- ❖ PRAISE YOUR CHILD, “GREAT JOB _ _ _ING!”
(FILL THIS PHRASE IN WITH SOMETHING SPECIFIC LIKE, “GREAT JOB COLORING!”)
- ❖ GIVE A SMALL PHYSICAL REWARD (E.G. STICKER, BOOK, OR SMALL TOY)



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