

# How to Support Your Child in Distance Learning



@carlameyrink  
<http://teachingexperiment.com>



## HELP YOUR CHILD CREATE A DESIGNATED WORKSPACE

Create an academic workspace (desk or table) with the necessary work tools and free of distractions (no video games). If possible also create a cozy reading nook.

## STICK TO A ROUTINE

A routine is essential to both learning and mental health. Make sure your child gets up at a regular time, changes out of pajamas, eats regular meals, has designated play time and goes to sleep on time.



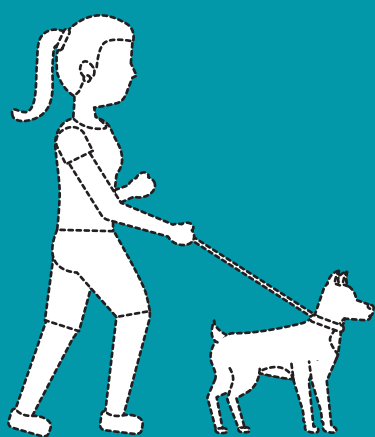
## ALLOW YOUR CHILD TO DEVELOP INDEPENDENCE

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In order to learn, children need to struggle with problems and make mistakes. Don't jump in to give answers. If your child is frustrated, tell them to put the work away and ask for help in class tomorrow.

## MAKE TIME FOR READING

Reading builds vocabulary, writing skills, language fluency, and critical thinking skills. Read aloud to your child, create a family reading time, or share interesting articles to read and discuss.



## INCORPORATE PHYSICAL ACTIVITY

Try to make time for exercise everyday. Do an exercise video together, jump rope, go for a walk or a bike ride. As much as possible get outdoors – a change of scenery is good for mental health.

## KEEP THE LINES OF COMMUNICATION OPEN

Ask open ended questions about how your child is feeling. Letting them express their emotions, both negative and positive, will help them feel understood and will increase their feeling of security.

