

# remote learning

## How can I help my student be successful during remote learning?



### #1. Create a learning space

Help your student find a space that is well lit, has a chair and table for their laptop, and is quiet. School supplies may be placed near them, this will help your child focus during their online classes.



### #2. Create and Maintain Routines

Print or draw a daily schedule and place it somewhere your child will see it every day. Build in time for play and family time too! Sticking to a schedule helps decrease anxieties and builds certainty during these uncertain times.



### #3. Build Self-Advocacy Skills

Help your student figure out how to reach out for help and clarification from each of their teachers. Encourage them to find a “study buddy”, maybe a neighborhood friend, that they can call for help.



### #4. Extend Grace to All

Understand that not all of our new adventure with remote learning will be perfect, that does not mean it will not be wonderful! Help your student embrace this new mode of learning and trust the process. As we make adjustments along the way, things will fall in to place for you!



### #5. Sleep and Diet

Sleep is going to be connected to a student’s ability to focus in class and will support their health as well. You may need to keep electronics in your bedroom overnight to avoid getting sleep patterns disrupted. Drinking plenty of water and eating a balanced diet will help students with the energy they need to grow and learn!

