

Learning at Home - tips for parents

What is Remote Learning? In short, Remote Learning occurs when teachers and students move a normally in-person class to a temporary online space. Remote Learning is a kind of eLearning (or 'online learning') but isn't 'online learning' because it is not learning that is designed for purely digital spaces (whereas eLearning is).

This is just one of the reasons why remote learning is difficult, other may include, change in routine, level of uncertainty, distractions, loss of social conformity (move from a designed learning environment with 20 other learner to your kitchen table). Also you are your child's parent, not their teacher. They are very different relationships. There are things you can do to make learning at home more productive and enjoyable for both you and your child, and while it is still difficult, these tips and strategies may help.

FOLLOW YOUR NORMAL ROUTINE

As adults we have had to change and create new routines, and while this is something we are able to embrace, it may be more difficult for your child. Support your child in matching their old routine with their home schooling routine. Eat breakfast, brush their teeth, get dressed in the morning (even in their uniform), go for an equivalent distanced walk to and from school, start at 9am, have recess and lunch and finish at 3pm.

FIND OUT MORE

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SET UP YOUR WORKSPACE

Help your child set up a quiet space at a desk or table where they can work. Whether its pencil and paper, a stable WiFi connection, log-in information for all accounts, headset, or reading strategies—whatever they need to get the work done. Try to make these conveniently located to increase the child independence and reduce distraction for you.

EATING AND DRINKING

Prepare snacks and meals outside of school hours so you and your child can grab ready-made food. Encourage your child to drink water throughout the day.



TAKE BREAKS

Limited attention spans are a challenge for teachers let alone parents. Schedule in breaks for you and your child to do some stretches or go to the park.

LEARNING AT HOME - TIPS FOR PARENTS

HELP THEM UNDERSTAND

Helping students understand can be an effective remote learning tip for parents. How this happens can be complicated as it varies greatly from student to student and grade level to grade level and content area to content area. Although you have the benefit of knowing your child better than anyone else, even the teacher. Some strategies may include sitting with your child and tailoring the session to their interests, or may require that you learn alongside your child, maybe even learn it first yourself and then review it with them afterwards.

ENCOURAGE A GROWTH MINDSET

This isn't about what to learn or how to learn but rather how to think about what they're learning. We generally tend towards one of two types of mindsets: a fixed mindset or a growth mindset. Praise that focusses on intelligence promotes a fixed mindset, which is the belief that intelligence cannot be changed in any meaningful way. Whereas praise that focuses on effort promotes a growth mindset, which is the belief that intelligence can grow and be strengthened with effort. Children with a growth mindset believe that they are capable of achieving what they want if they put in the time and effort in. As a parent, a mentor and a coach it is very important to lead with a growth mindset behaviour, for example instead of saying "Math, I was never good at Math" go with "let's work together on this" or respond with "yet" when the child says they can't do something.

ENCOURAGE INDEPENDENCE

The more they own their learning, and ideally have voice and choice in their work, the easier and more fulfilling everything will be for everyone. Encourage independence by drawing on interests to build skills for self-



organisation. This could involve setting a daily Lego challenge, building a bridge that spans 15cm, a vehicle that moves without wheels, a marble run or a boat that floats. Remember that supporting their learning means not doing it for them.

BUILD IN FUN

School is not just a place of learning, it's a place of social contact. Encourage your child to catch up with friends in a virtual environment, play educational online games. Also, take some time for general fun activities, be creative, draw, paint, play with Legos.

YOUNG CHILDREN

If your child is young, don't feel pressured to re-create a 6-hour school day. Play-based learning for young children is an important component of development that is unfortunately reduced in remote learning. Encourage play-based learning while supporting them with simple guidelines or rules, for example "I see you've built a house, where will the people sleep, where do the children go to school, how do they get to school?". Of course its not just about creating guideline and rules, join in whenever you can or encourage sibling to help.

ONLINE RESOURCES

Bookmark important pages to support your child learning, potentially break them into resources for you and for the child they can access themselves. Don't hesitate to contact your child's teacher or school, as well as the local school district and state education resources for support.

BE FLEXIBLE

Be flexible and work with your school during this challenging time. If you or your child are having trouble with a task, move onto something else.

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