



Remote Learning Tips for Families

Set a regular schedule, but keep it flexible.

- Remember that our goal is to keep children learning and growing -- not to fill your days with an impossible list of requirements and tasks. Do the best you can.
- Your child may be unsettled by the loss of the routines and structures that their school normally provides. Work together to build a [daily schedule](#) and try your best to stick with it -- but know that it's fine for students to complete their schoolwork at times that work best for your family.
- Remote learning will look different than regular school, especially since life hasn't stopped for the adults in the home. For example, there may be times when you need your child to be more independent so you can take care of your work responsibilities or other needs.
- Build in breaks for outdoor play, snacks, and free time -- consider setting a timer for kids so they can expect how long they must focus on school work and how much of a break they get to enjoy.
- Keeping active each day will help everyone in the home feel calmer, sleep better and have more energy to learn. Try to make time to play together when possible -- simple things like a walk, tag, hide-and-seek, or a short bike ride can provide a fun and healthy break for everyone.

Go easy on yourself and your family.

- Balancing work, family, and school -- in many cases, all under the same roof -- isn't easy for anyone. It's so important that we give ourselves and each other compassion and understanding throughout the next two months and beyond.
- Try to give yourself patience and self-care. Nurturing strong relationships with your kids is more important than causing stress and anxiety over a school assignment.
- This situation can be stressful for parents/guardians and children alike. Talk with your child about how you try to manage your stress, and help them brainstorm ideas for how they can manage theirs, too.
- There may be technical difficulties and other challenges, but know that all of us in DPS are committed to working every day to learn, improve and solve these challenges as we go forward together.

Minimize distractions.

- Set a consistent work space for your child, ideally in a shared area of your home where an adult can be nearby to help if needed. Make it a spot where there is good lighting and easy access to school supplies and appropriate technology.
- Have kids put their phones away during learning time, and turn off social media or news alerts. Or, consider installing an app to help kids stay focused; Common Sense Media has a list of options for kids age 5 through high school [here](#).
- During live online classes, have your child use headphones (if possible) to reduce background noise.
- Try not to have the news on all day, especially when children are in the room with you.

Stay connected.

- Social and emotional connections for our kids will be critical during this time. Try to be the calm in this storm for your child, and help them stay connected to their classmates, teachers, and friends over the coming weeks.
- Plan time for your child to connect with friends and family members through live-streaming video tools like Google Hangouts, FaceTime, or Skype.
- Check in with your child each day to talk about their experiences, worries, hopes and questions, and let them know you're there to support them along the way.



Discover a World of Opportunity™

- If you need help or want to share feedback on your child's learning, reach out to your child's teacher, who can provide advice and support. Visit dpsk12.org and click on [Remote Learning](#) for more tips, schedule ideas, technology support and more.