1. Create a Dedicated Learning Environment

When students have a decided learning environment, it helps them to separate their school work from the rest of their home life. Identify a space with minimal distractions that your child can focus in. It can be a corner or space at the kitchen table, any space that can be designated as their learning environment. It can also be helpful to have an area for the supplies your child might need (bin, basket, shelf, etc.).

Consider This:

Headphones allow students to listen carefully during class as well as create a quiet space where children can focus.

2. Develop a Schedule/Routine

Many children benefit from routine and consistency. Providing a schedule will enable your child to focus on their academic goals rather than “When is lunch?” or “When do I get to play?”

3. Take a Break

Families that are distance learning can experience frustration, fatigue, or even defiance in the process. Take a break, use a calm down strategy, and refocus. Children need to be in a calm in order to focus on their work.
4. Focus on the Positive

Even if your child is complaining, you can still focus your attention on what they’re doing well. Pointing out their engaged efforts and how much you appreciate them can help your child refocus on the work at hand.

Consider This:

Visual reminders can help support students as they work. Consider making small charts to remind them how to do their work independently.

5. Listen and Validate

As adults, our first impulse is often to try to fix problems for our children. Kids, especially younger ones, don’t have the perspective adults have as a result of our life experiences. Provide your children perspective and help them create solutions. This process will help them feel a sense of control.

6. Be Open

Be kind, be open, talk with your children about challenges for both you and for them, using kid friendly conversations. Children may be working through a lot of intense and unfamiliar emotions related to the global crisis and the changes that have been thrust upon them.

Consider This:

Visual timers help keep kids on track and focused inside schedule.

WE ARE ALL IN THIS TOGETHER!

Please reach out to our Riverwood Staff if there is anything we can support you with at this time!

Riverwood Elementary (405-256-5200)