

CORNERSTONE
DAY SCHOOL

Parents Matter

JUNE 2020



Supporting Your Child with Online and Distance Learning During the Pandemic

Special Edition for Navigating School Closure during the COVID-19 Pandemic

Parenting is difficult under typical circumstances. The challenges of the pandemic and remaining homebound 24/7 has spun everyone into a new normal greatly complicating your role as parents. Partnering with your child's teacher, assisting your child with homework, and providing routine and structure in the home have always been effective strategies to help your child be more successful in school. These remain equally important and more challenging during this time of remote learning as parents are doing this all the while working full time in the home themselves. Breanna Edelstein points out adding to the challenge is that kitchen tables, bedrooms and couches have all morphed into makeshift classrooms and workspaces.

Listed below are some steps you can take to continue supporting your child with learning from home as we move into the summer months of instruction.

- **Provide structure** – The one thing all students need regardless of their age is structure and consistency. Many students may view this time as an extended vacation, but it is not. News Hub recommends setting a daily schedule, one like their typical school day schedule. Post your child's schedule in a visible area perhaps on the kitchen refrigerator. Structure also includes maintaining a regular bed and wakeup time. This is especially important for teenagers who might fall into a weekend type sleeping schedule during the school week. Adherence to a consistent weekday wake-up/bedtime schedule will increase attendance and promote positive academic outcomes.
- **Establish learning and workspaces for both you and your child** – As both are working from home it is important to delineate designated work workspaces that are flexible and meet each family member's need. Minimize distractors like the television video games and cell phones.

- **Check in every morning and throughout the day** – Children will need help staying on task and sticking to their schedule during remote learning from home. Look in on them periodically throughout the day to ensure their technology is working correctly and that they are online with their teachers. Talk to your child, inquire if they have homework and ask them if they need assistance.
- **Ensure your child takes breaks** – Students are not used to working continually for two-three hours on a computer. They may lose focus and experience screen fatigue. Taking a walk either inside or outside will refresh your child and refocus their attention.

This is not a permanent situation but incorporating these measures can have a positive impact on your child's remote learning experience.

Resources:

Edelstein, B. (2020, March 28). Parents adjust to new role as teachers during pandemic. <https://www.eagletribune.com>.

Lee, L. (2020, April 3). 7 Guiding Principles for parents Teaching from Home. <https://www.edutopia.org>.

School's Out: A Parent's Guide for Meeting the Challenge During the COVID-19 Pandemic (n.d.). Retrieved April 28, 2020, from <https://nyulangone.org/news/schools-out-parents-guide-meeting-challenge-during-covid-19-pandemic>

Lee, Laura, April 3, 2020 7 Guiding Principles for Parent Teaching From Home retrieved from George Lucas Educational Foundation

NYU Langone Health NewsHub Schools Out: A Parents' Guide for Meeting the Challenge During the COVID-19 Pandemic. Retrieved from nyulangone.org. April 28, 2020.

Edelstein, Breanna. Parents Adjust to New Role as Teacher During Pandemic March 28, 2020. www.eagletribune.com



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Parents Matter is published regularly throughout the school year as a service to the parents of students enrolled at Cornerstone Day School. Each issue highlights an important topic for parents with practical suggestions for helping their child continue to grow and overcome their emotional challenges.