TIPS FOR PARENTS

YES, THIS IS HAPPENING

- This is a new reality for us all, short or long-term
- There are likely to be varying degrees of at-home education for a while
- We are in this together

WE WILL BE OK!

- Try to embrace the slow down of life
- Think about what is truly important in your lives
- What good are you seeing from the time with your family?

CUT YOURSELF LOTS OF SLACK

- You do not need to be a credentialed teacher to support your child’s education
- You are not expected to be both a full-time teacher and professional
- Practice your own self-care to the extent that is possible

WORK SPACES

- Create work spaces for adults and children
- Designate quiet times and work times
- Let the kids create fun zones around the house

CREATE A SCHEDULE

- Create a weekly or daily schedule for your kids
- Schedule adult time so you can get things done too
- Adjust & adapt the schedule

BALANCE SCHOOLING WITH FUN & DOWNTIME

- Play vs. schooling
- TV vs. schooling
- Work vs. breaks

WHAT IS EXPECTED FROM SCHOOL?

- Find out what every teacher expects from your child
- Focus on one child at a time
- Help your child develop a plan to complete work daily and weekly
TIPS FOR PARENTS

DID I JUST END UP BEING MY CHILD’S TEACHER?

COMMUNICATE YOUR NEEDS TO THE SCHOOL
- Establish a line of communication with your child’s teachers
- Help younger students communicate with their teacher
- Help older students self-advocate

YOU CAN DO THIS!
- You are not expected to teach all of the curriculum
- Reading to & with your children is a significant contribution. Read daily.
- Ask for help from school – you won’t be the only one with questions

TIPS FOR PARENTS
VCOE.ORG/DISTANCE