



## Report to **PARENTS**

# COVID-19: Help Children Continue Learning

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### Stay in touch

**Many schools are offering lessons online** (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.

**Communicate challenges** to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.



### Create a flexible schedule

**Have consistent bedtimes** and get up at the same time, Monday through Friday.

**Structure** the day for learning, free time, healthy meals and snacks, and physical activity.

**Allow flexibility** in the schedule—it's okay to adapt based on your day.

### Consider age group

**The transition** to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home.

**Consider ways your child can stay connected** with their friends without spending time in person.

### Make learning fun

**Have hands-on activities**, like puzzles, painting, drawing, and making things.

**Independent play** can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.

**Practice handwriting** and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.

**Start a journal** with your child to document this time and discuss the shared experience.

**Use audiobooks** or see if your local library is hosting virtual or live-streamed reading events.