



Avoid distraction:

- Create a designated space for your child to learn.
- Try to eliminate as many distractions as possible.
- Teach them that when they are in this space, it is time for school.

Use a structured routine with breaks:

- Set routines help make things predictable for children.
- Pre-K children need breaks or activity changes every 30 – 60 minutes, or whenever they need one.

Help your child maintain relationships with friends:

- Schedule a “virtual play date.” Use video chat or a phone call to help your child connect with a friend.
- Encourage them to have a pen pal: they can dictate a letter to you or draw a picture that you can mail to a friend.

Make time in your schedule for play:

- Play and learning go hand in hand. Through play, children learn important skills that help them grow and develop.

Relax:

- Prioritize the emotional well-being of all family members. It is ok to take a break from their assignments as needed and return when the child is ready.

Resources for Support

How to Help Your Child with Online Learning:

<https://www.familyeducation.com/technology-learning/how-to-help-your-child-with-online-learning>

How to Support Your Child and Yourself During COVID-19:

<https://developingchild.harvard.edu/resources/how-to-support-children-and-yourself-during-the-covid-19-outbreak/>

10 Things Every Parent Should Know About Play:

<https://www.naeyc.org/our-work/families/10-things-every-parent-play>

Preschoolers and the pandemic: practical ways to keep them learning:

<https://www.cnn.com/2020/05/17/health/preschool-homeschooling-parenting-pandemic-wellness/index.html>