

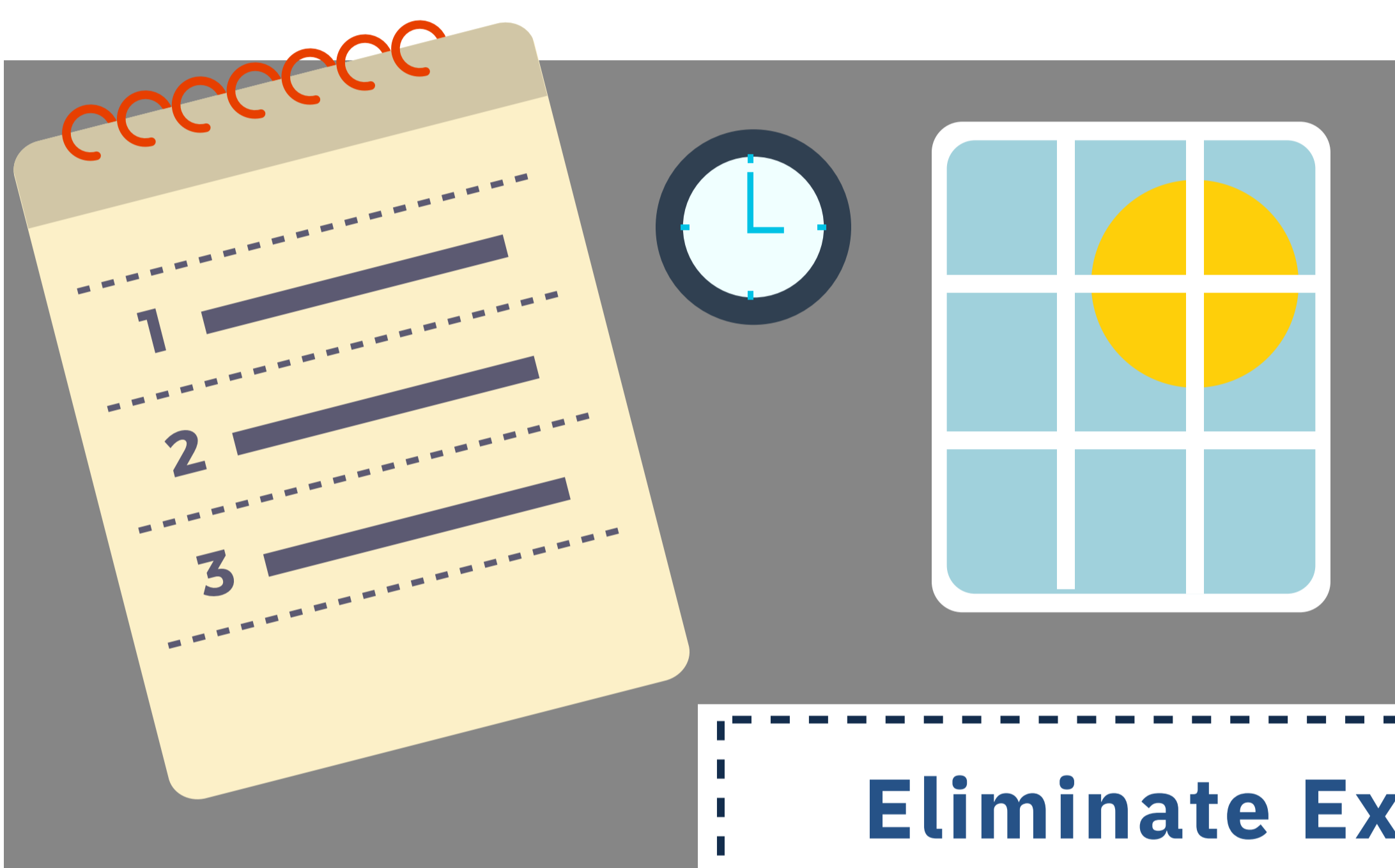
► How do I best support my child while

LEARNING AT HOME



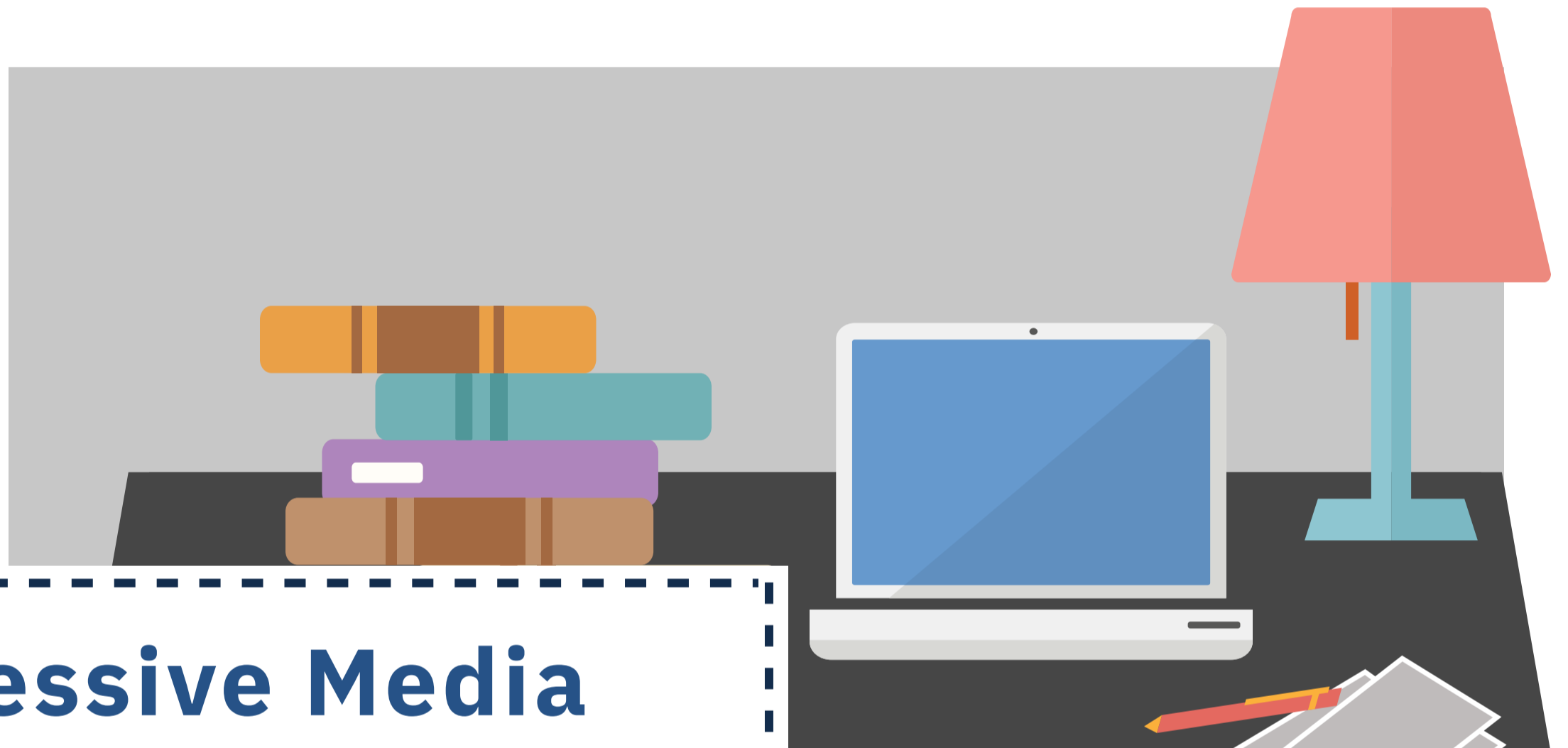
Create a Schedule

- Create chunks of time for all routines
- Include child's input
- Write it down and post it
- Schedule breaks



Define a Learning Space

- Provide different seating options
- Eliminate clutter
- Organize necessary materials nearby
- Reduce distracting noise
- Provide instrumental study music
- Check regularly on child's progress



Eliminate Excessive Media

- Monitor access during learning time
- Check on child's media use



Support your Child's Mental Health

- Inform yourself about COVID-19
- Be honest and reassuring
- Explain in an age appropriate manner
- Limit child's exposure to media coverage



Set Goals and Provide Incentives

- Consider long and short term goals
- Include child in setting realistic goals
- Track progress informally or formally
- Determine appropriate incentives; they do not have to be tangible