

Coping Strategies During Remote Learning

This is not homeschooling, this is staying home during a crisis while trying to work and help your child learn. What we are being asked to do is unprecedented, and it is temporary. Be sure to give yourself grace and try to find something positive in each day.

Being in such close quarters for days on end can lead to frustration for everyone—parents and children. Here are some ideas that may help learning from home run a little smoother:

- **Consistency is key!**

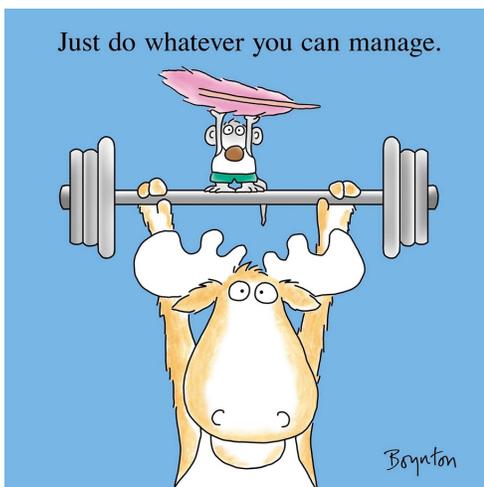
- ◆ Plan for learning time when your child will be at his or her best. Some kids work well in the mornings, while for others an afternoon work session may be better. You know your child best.
- ◆ Routines feel safe; kids crave structure and consistency. A loose routine is better than no routine at all. Consider creating a schedule with your child and posting it where everyone can see.

- **Plan for frequent breaks.**

- ◆ Use a timer to keep everyone accountable. This could be set on a cell phone or kitchen appliance.
- ◆ There are 2 kinds of breaks: a fun, recess-like break that is scheduled into the day and a neutral reset break when learning is not productive or frustration levels are too high.

- ◆ *Recess-like movement breaks* are essential for brain health and are ideally taken outside for some fresh air!

- ◆ *Neutral breaks* are used when your child needs to temporarily step away from their work. Sometimes using a different area in the home as a designated break area can help to structure this cooling-off/reset time. If possible, avoid screen time during these neutral breaks and consider including books or quiet activities. Aim for 5-10 minutes of quiet time before returning to work.



Laughter feels like our floatation device—it won't pull us out of the storm, but it might carry us through, if we can just hang on.

-Emery Lord