

Top 10 Best Practices

High Quality Home Learning in a Distance Learning Environment



Address the Emotional Toll - Check in with your child about emotions and feelings. Encourage and establish regular breaks, exercise, goal setting and virtual socialization for your child as well as yourself (being mindful of social distancing guidelines).

Limit Distractions

Set expectations for focussed learning time.

Limit digital usage to school and learning activities.



Allow Interaction with Friends in Supervised Video Chats



Video chats allow children to be social, beyond digital formats like social media.

Make Space for Learning

Quiet, comfortable, dedicated space for daily learning time.



Mix Screen Time with “Old School Learning”

Use printed worksheets (as available) and book based activities other than computer based for some of their learning.



Don't Underestimate the Power of a Schedule

Clear expectations for what your children need to do; each day, or each week.

Consider a balance of time; virtual learning, outdoor activity, brain breaks, and home responsibilities all play a role during the day.



Don't Let Your Children Treat This as a Vacation

It may feel like vacation, but school assignments & activities should still be a priority even in a virtual learning environment.



Maintain Breaks: Such as Snack and Recess

Children focus best with a regular routine.



Keep in Touch with Other Parents and Teachers

Check in with other parents. Give and get advice for what's working best.



Talk to your child's teacher if you have questions or concerns about the assignments.

Remember to Schedule Time for Fun

Make learning fun. Use this time to bond as a family over learning together.

