

# parent guide for at-home and online learning

## What is home learning?

Home learning helps your child continue their education when they can't attend school in person. Schools use different online tools to teach lessons. Read all messages from your child's school so you know which tools they are using. Even students who do well in school need help from parents to adjust to learning at home.

## How can I help my child succeed with at home learning?

### Academic

- Help your child plan their day. Make a schedule. If your child is learning to read, use pictures to show the schedule.
- You can find an example at <http://www.naimathompson.com/>.
  - Include breaks in the schedule.
  - Keep a daily routine. This helps your child get ready to return to school later.
  - Make sure school time works with your family's schedule.
- Let your child make choices when possible.
  - For example, if they have two journal topics, let them pick which one to do first. If they have reading time, let them choose between two books.
- For younger children or those who need more structure, use a timer to help them know when to switch tasks.

### Physical

- Let your child help choose and set up their school space at home.
- Use different seating options like a chair, beanbag, stool, or even the floor. Let them stand if they prefer.
- Create a second workspace so they can change locations during the day.
- Take breaks for both you and your child. Step away from schoolwork for a bit.
- Give your child time for recess or physical activity during the day.

### Behavior and Emotional

- If your child uses a behavior chart, keep using it to stay consistent.
- Some children do better with a reward system to help with behavior or motivation. You can learn how to make a behavior chart at [healthline.com/health/parenting/behavior-chart](https://www.healthline.com/health/parenting/behavior-chart).
- Set up rewards your child can earn daily or weekly.
- Make sure your child knows what they need to do to earn a reward.
- Avoid using food as a reward since it may not be allowed at school later.
- If your child refuses to do schoolwork, don't argue. Step away and let them calm down.

## More Resources

Your child's teacher is the best person to help, but here are some other helpful websites:

- **Cool Math Games**  
[coolmathgames.com/](http://coolmathgames.com/)
- **Go Noodle**  
[gonoodle.com/](http://gonoodle.com/)
- **Khan Academy**  
[khanacademy.org/](http://khanacademy.org/)
- **Khan Academy Kids**  
[khanacademy.org/kids](http://khanacademy.org/kids)
- **PBS Kids**  
[pbskids.org/](http://pbskids.org/)

## Need help from Children's Health school services?

If your child is a patient at Children's Health and you need help with home learning, contact the School Services Department:

- **Dallas Campus:** 214-456-7733
- **Plano Campus:** 469-303-4418

## SCHOOL SERVICES

For more information, visit [childrens.com/school-services](http://childrens.com/school-services)

