



# School Services

## Parent Guide for At Home Learning

### What is At Home Learning?

At Home Learning is how schools are continuing to provide for your student's educational needs while they are not able to attend school. Schools are using many online tools in order to continue your child's learning. Make sure you are reading all of your child's school communication to ensure they are using the right tools. Remember even your top achieving student needs some parental guidance to help them transition from traditional learning to At Home Learning.

### How can I prepare my student to be successful with At Home Learning?

#### Academic

- Work with your child to plan his/her day. Create a schedule, if your child is learning to read you can use pictures. One example of a schedule can be found at [www.naimathompson.com](http://www.naimathompson.com).
  - Be sure to include a break in the schedule.
  - Try to keep your child on a routine, this will make it easier for them to transition back to school.
  - Make sure their schoolwork time fits with your family's schedule.
- If possible, allow your child choices.
  - For example, if your child has been assigned two journal topics for the week allow them the option of which one to do first, or if they have free reading time, give them a choice of two books to pick from.
- For younger or children who may need more structure try using a timer or other tool such as a smart phone, so your child knows when to switch activities.

#### Physical

- Let your child pick out and help set up their school space at home.
- Create different seating options for your child using items you have at home. For example, office chair, beanbag, stool, the floor or the allow them to stand.
- Provide a second workspace to give your child the ability to change environments.
- Take breaks for both you and your student, where you are walking away from the work.
- Give your child recess or PE time during the day.

## Behavior/Social Emotional

- If your child is currently using a behavior chart, continue using the same one for consistency.
- Some children may benefit from a reward system to help with behavior or as motivation to complete work.
- Visit <https://www.healthline.com/health/parenting/behavior-chart> for instructions on creating a behavior chart.
  - Reward systems can be set up for your child to earn a reward daily or weekly.
  - Your child should be able to earn a reward based on behavior or amount of work completed.
  - Your child should have clear expectations on how to earn their reward.
  - Try not to reward with food as this may not be an option when your child returns to school.
- Try not to get into a power struggle with your child over their schoolwork. If your child is refusing to complete work. Remove yourself to give them time to calm down and get back to work.

## Tips for Parents

- Try not to get frustrated with yourself if you don't understand what your child is learning. School curriculum has changed a lot over the years.
- Continue regular communication with your child's teacher(s) or school administration for questions by an agreed upon method.
- If your child has a 504 plan or is in special education, please reach out to their teacher or coordinator for more information.
- Keep a record of who you talked to and what you talked about.
- If you need additional support once school resumes, please reach out to an Educational Specialist at Children's Health.

## Additional Resources

Your child's teacher is your best resource, but there are also other resources that are available to help you and your child.

[www.khanacademy.com](http://www.khanacademy.com)

[www.gonoodle.com](http://www.gonoodle.com)

<https://learn.khanacademy.org/>

<https://www.coolmathgames.com/>

<https://pbskids.org/>

At home Learning can be challenging, if you have questions or would like more help, please contact an Educational Specialist at Children's Health<sup>SM</sup> on either our Dallas or Plano Campuses.

## School Services Department

Children's Health

Dallas Campus: 214-456-7733

Plano Campus: 469-303-4418