



## Strategies for Parents to Support Learning at Home

This is a great website which has practical tips and strategies.

<https://www.openschool.bc.ca/keeplearning/>

Below is some information about setting up a home learning environment taken from this website.

### Routine

Disruptions in routines can be stressful. A regular schedule helps maintain a sense of normalcy and stability. As a family, it's good to set up a weekday schedule including:

- regular bedtime, wake-up and meal times
- getting dressed and ready for school (even though they're at home)
- time for learning
- time for breaks
- daily physical activity
- daily communication with friends and family

### Space to Work

Setting up home learning space to work can help children focus. If possible, the space should include:

- a quiet atmosphere
- good lighting
- a desk or table at a comfortable height for your child
- a storage basket or bin to keep supplies (paper, pens, pencils, markers, books, etc.)
- access to a computer/tablet or other smart device if possible

### Helping your Child

How much involvement you have will depend on your child's age and needs. Following are general and high school specific suggestions

- Let your child see you're interested in what they're doing and be positive and cheerful in your approach.
- Encourage positive communication with the child (to give and accept instructions).
- Encourage the development of good work habits and help your child take pride in work well done.
- Be patient with your child and yourself. This is a new experience for everyone and will take some time to adjust to. The most important thing is for your child to feel safe, loved and supported.
- Most teenagers in the senior grades can work directly with their teachers on what they need to do without any direct help from parents/caregivers. They will most likely be missing the social engagement of school:
  - Encourage them to keep up with friends and family (virtually).
  - Listen when your teenager wants to talk. Encourage them to figure out approaches and solutions to what they're working on.

**Parents, please don't hesitate to contact school counsellors. Our contact information and other resources can be found on our website below:**

<https://www.surreyschools.ca/schools/tamanawis/Departments/Counselling/Pages/default.aspx>