

HOME LEARNING WITH SEESAW

Resources for Families

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The transition to home learning is a big change for your child. The resources and guidelines below can help you work with your child's school to make home learning a positive experience.

1. Establish a schedule.

During a big transition, students need consistency. Keep normal meal and bed times, and start learning when school typically starts each day.

- Write your child's schedule where they can see it
(*Tip: Put all family members' schedules up together!*)
- [Here is a list](#) of learning activities you can do at home [[Click here for Spanish](#)]

2. Create a designated learning space.

Organize learning materials and designate a common area for learning. Ideally, the space has a strong wireless connection, can be blocked from noise at times, and is located where family members can participate in your child's learning.

- [Check out this example](#)

3. Begin and end each day with a check in.

Designate time to check in with you child helps your child feel more secure and supports them to process the situation.

- Questions to ask: What are you learning today? What materials do you need? What did you enjoy learning today? What was challenging?

4. Schedule physical activity and social interaction.

Physical and social activity are essential to your child's wellbeing. Scheduling time for movement, social interaction, and play helps your child have a positive experience at home.

- Ideas: Create a family dance, act out a scene from a book, interview a family member, play your favorite game, cook or bake your family's favorite recipe

5. Support your child's emotional needs.

In stressful times, children need supportive and stable relationships with trusted adults. Stay close with your child and provide age-appropriate information.

- [Kid-friendly comic about COVID-19](#)

6. Monitor communications from your child's teacher and school.

Make sure you know how and when you will receive communications.