

# COVID-19: Help Children Continue Learning

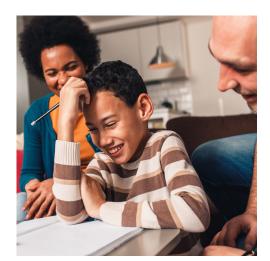
### Stay in touch

#### Many schools are offering lessons online

(virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to

assist your child with turning on devices, reading instructions, and typing answers.

Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.



#### Consider age group

**The transition** to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home.

Consider ways your child can stay connected with their friends without spending time in person.

## Make learning fun

**Have hands-on activities**, like puzzles, painting, drawing, and making things.

**Independent play** can also be used in place of structured learning. Encourage children to build a fort from sheets or

practice counting by stacking blocks.

**Practice handwriting** and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.

**Start a journal** with your child to document this time and discuss the shared experience.

**Use audiobooks** or see if your local library is hosting virtual or live-streamed reading events.

#### Create a flexible schedule

**Have consistent bedtimes** and get up at the same time, Monday through Friday.

**Structure** the day for learning, free time, healthy meals and snacks, and physical activity.

**Allow flexibility** in the schedule—it's okay to adapt based on your day.

