How do I best support my child while learning at home?

Create a Schedule
- Create chunks of time for all routines
  - Include child's input
  - Write it down and post it
  - Schedule breaks

Define a Learning Space
- Provide different seating options
  - Eliminate clutter
- Organize necessary materials nearby
  - Reduce distracting noise
- Provide instrumental study music
  - Check regularly on child's progress

Eliminate Excessive Media
- Monitor access during learning time
  - Check on child's media use

Support your Child's Mental Health
- Inform yourself about COVID-19
  - Be honest and reassuring
- Explain in an age appropriate manner
  - Limit child's exposure to media coverage

Set Goals and Provide Incentives
- Consider long and short term goals
- Include child in setting realistic goals
- Track progress informally or formally
- Determine appropriate incentives; they do not have to be tangible

For more information | https://bcps.org/system/coronavirus/