

Covid-19 Parenting Education and remote learning

COVID-19 has interrupted our children's education with school closures and remote learning. It is normal to feel overwhelmed when we have to help our children learn, especially when we also have stress about work and money.

Create a routine around learning and schoolwork.

- Make a daily plan with your child for when they can spend time doing educational activities.
- This can include structured schoolwork and other activities online, reading, writing, or arts.
- Allow flexibility and time for play and relaxation too.

Stay connected with your child's school and teachers.

- Find out how to stay in touch with your children's teacher or school to stay informed, ask questions, and get more guidance.
- If you are struggling or know someone who is struggling with school work or the home situation, please discuss this with a teacher that you feel close to.
- Parent groups or community groups can also be a good way to support each other with your home schooling.

Make learning fun and playful.

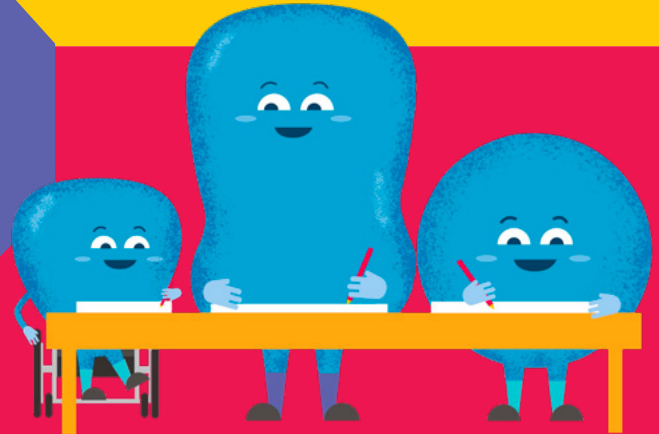
- Children learn best when learning is fun!
- Try to find ways to make learning playful to keep your child interested and engaged.

Remember that you are a parent NOT a substitute teacher!

- Your role is to support your child by creating a space to learn.
- You do not need to know all the answers. Help them explore their interests and ask questions.
- Go at your child's pace and be patient with yourself.

Support your child when they go back to school.

- Tell your child that it is okay to feel scared or worried about going back to school.
- Allow your child to share how they are feeling. It is also normal if your child behaves different to their usual behaviour.
- Discuss how going to school might be different and how they can protect themselves from COVID-19.
- Ask them how their day went and support them if they experienced any difficulties.



For more information click below links

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