



Distance Learning Tips for Parents to Support Students

Thank you for a successful start to our new Distance Learning program. We appreciate your commitment to this new process as well as your flexibility to navigate this unchartered format for continued learning. We aim to help you support your child's overall social-emotional well-being and their academic success. To help parents better navigate this new learning platform, we've collected a few tips and resources for you.

Do's

- Create a plan/schedule/routine that works for your family
- Set up designated space and time for learning
- Keep your normal morning routine to prepare for learning
- Keep in touch with faculty for support and directions
- Become familiar with Distance Learning resources available to your child
- Remove distractions from workspaces
- Take breaks and enjoy healthy snacks to boost energy
- Allow ample time for play to keep children active
- As appropriate by age implement/encourage limitations and structure around TV watching, gaming, social media and computer time.
- Start small, keep a positive attitude and celebrate successes

Don'ts

- Be afraid to ask questions
- Ignore email or avoid communication
- Ignore provided resources
- Proceed without a plan
- Attempt to work in an environment that's not conducive to learning
- Forget St. John's school guidelines (they still apply)
- Forget to take care of yourself

Further Resources:

[Talking to Children About COVID-19](#)

[Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About](#)
[St. John's Parish Day School COVID-19 Resources and Information Page](#)