



Strategies for Parents to Support Learning at home

This is a great website which has practical tips and strategies.

<https://www.openschool.bc.ca/keeplearning/>

Below is some information about setting up a home learning environment taken from this website.

Routine

Disruptions in routines can be stressful. A regular schedule helps maintain a sense of normalcy and stability. As a family, it's good to set up a weekday schedule including:

- regular bedtime, wake-up and meal times
- getting dressed and ready for school (even though they're at home)
- time for learning
- time for breaks
- daily physical activity
- daily communication with friends and family

Space to Work

Setting up home learning space to work can help children focus. If possible, the space should include:

- a quiet atmosphere
- good lighting
- a desk or table at a comfortable height for your child
- a storage basket or bin to keep supplies (paper, pens, pencils, markers, books, etc.)
- access to a computer/tablet or other smart device if possible

Helping your Child

How much involvement you have will depend on your child's age and needs. Following are general and high school specific suggestions

- Let your child see you're interested in what they're doing and be positive and cheerful in your approach.
- Encourage positive communication with the child (to give and accept instructions).
- Encourage the development of good work habits and help your child take pride in work well done.
- Be patient with your child and yourself. This is a new experience for everyone and will take some time to adjust to. The most important thing is for your child to feel safe, loved and supported.
- Most teenagers in the senior grades can work directly with their teachers on what they need to do without any direct help from parents/caregivers. They will most likely be missing the social engagement of school:
 - Encourage them to keep up with friends and family (virtually).
 - Listen when your teenager wants to talk. Encourage them to figure out approaches and solutions to what they're working on.

Parents please don't hesitate to contact school counsellors. Our contact information and other resources can be found on our website below:

<https://www.surreyschools.ca/schools/lamath/Departments/Counselling/Pages/default.aspx>