

## FOR PARENTS/CARERS: How Can I support my child/youth in virtual learning?

**Create a workspace together.** Work with your child/youth to create a quiet workspace for them. This can be tough with limited space at home, but every little bit helps, whether it's a pillow on the floor in a quiet corner or a spot at the kitchen table with their school supplies.

**Remember our brains need breaks.** Sitting all day is hard on our brains and bodies. Remind your child/youth to stop throughout the day to drink water, stretch or do some jumping jacks (or try the yoga poses provided). Setting a timer can help so no one forgets!

**Find a schedule that works for you.** Kids/youth thrive off of consistent routines. Find a routine that works for your household, getting up and going to bed at the same time, starting on schoolwork when they'd usually be in school or even when you have a snack. All these little routines help bring some calm to the chaos.

**Encourage, encourage, encourage!** Virtual learning is tough on everyone from students to parents and teachers. Try to foster some grace and gratitude with one another and focus on each other's strengths.



**Help kids/youth stay in touch with their friends.** Virtual learning is lonely, kids/youth are missing out on important social time with their classmates. Phone, video calls, messaging and outdoor visits can help address that loneliness.



**(Inspired by an article by Karina Zaiets and Janet Loehrke from USA TODAY, "These online learning tips will help parents prepare for a successful school year, even if it is virtual.")**