

School Social Work Share Out

“Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit. ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either. ♡”
mellow doodles

Like so many other parents around the district, I am transitioning to full-time remote work while preparing to support my family through this crisis. I have picked up a Chromebook for my daughter and she has received a packet of schoolwork from her teachers. We ordered a few additional supplies from Amazon. She has been excited to receive lunches from the school. The milk cartons remind her of being at school, so we pretend. This is the new normal for this pandemic culture: parents and children are forced to adjust to a new rhythm of school and work at home.

Remote learning is a brave new world for all of us. Kitchen tables have replaced classrooms. This sudden shift has not been easy. Some students are engaging in electronic distance learning via google classrooms (something many of us hadn't heard of weeks ago), others may receive hard copies of work. Either way, parents are left with a dual challenge: managing new ways of working and/ or managing a household, while not allowing their kids to disappear into social media and video games for months at a time.

There are many resources available via a google search for “help for parents with distance learning.” Here are a few things that stood out and actions you can take, to guide your child’s journey through these unusual and unprecedented times. And if you can’t; that’s okay too.

Kids' Sadness About COVID-19 May Look Like:

Anger "This stupid remote doesn't work!"	Resisting the "new order" "I'm not doing four math problems! I'm only doing one!"	Tiredness "I don't want to go for a walk. I'm too tired!"
Numbing Out ("Just 30 more minutes on the iPad!")	Displaced frustration "I didn't want lasagna for dinner. I wanted tacos!"	Boredom "I'm bored" = code for "I'm sad"

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1-Be kind to your children and yourself

To cut down on the stress, be gentle and understanding with your children – and yourself – as you adjust to this new learning schedule. It’s not always going to go well. At times you’re going to get overwhelmed. At times the kids are going to get overwhelmed. That’s OK. Parents and families really know best what their children need. Listen to that inner voice and respect it.

2 – Help your child establish and stick to a routine.

Even though school has gone to a distance learning format, it may help to treat school days like you would if your child was attending school as usual. This includes having them get up at the same time every day, get properly dressed, and eat a healthy breakfast. However,

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have some grace for yourself if this time is much later than it would be for a typical school day!

3-Set up a workspace

Choice is important for kids. Letting your kids help pick a spot in the house where they will do schoolwork each day might be motivating. Don't select spaces that will be distracting, such as in front of a TV. Instead, narrow the choices to a couple distraction-free places where your children will feel comfortable. By giving your kids a reduced set of options, it makes them feel like they have some sort of control.

4-Don't try to recreate school

Aim for anywhere from a half hour to up to four hours of schoolwork each day, depending on the age of your children. Don't try to recreate school. That's not reasonable and most families don't have the resources or time to do that. Besides, this is a stressful time for families and students need time to relax and decompress and time to have fun with their families.

5-Know when to take a break

Children who grow increasingly frustrated and angry or seem unusually distracted need to take a break. No one can be highly motivated all the time. It may be helpful to talk with your children about how they're feeling and let them recharge instead of pushing them through those stressful moments. Kids can recharge by standing up, stretching, walking around a minute or having a healthy snack.

6 – Check in with your child's teachers.

Online education or learning at home requires family support. Teachers are here and want to help! Reach out and connect with your child's teacher and other support staff. Be on the

lookout for any communications from teachers and respond. If you are unsure the best way to connect to your child's teacher, just ask. Do this if things are going well or you're having trouble. We want to hear about both. We are all in this together.

7 – Encourage physical activity and exercise.

Your child may be sitting in front of their computer or at the table for long stretches of time. Encourage them to use the breaks in the day to stretch, walk the dog, or do jumping jacks or have a dance party — any movement helps! Having a standing workspace may also help.

8- Be supportive when your child struggles

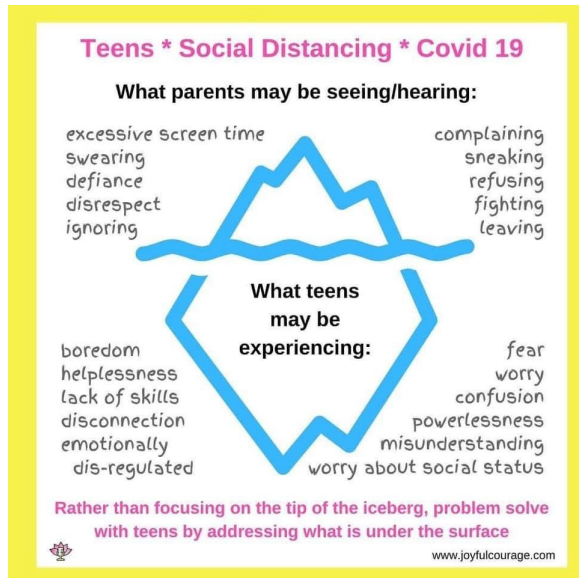
You don't have to be an expert on your child's schoolwork, but you should know how to help when your child struggles. Parents can ask, "Where are you struggling? What do you understand so far? How might you solve this problem? Where might we get some answers?" Together, you can make a list of what questions you may have for your child's teacher.

9– Take care of you.

This one is extra important, and we hear it often, but take care of you. Please remember that distance learning is not going to replace a brick and mortar building. This is difficult for educators, parents and students. However, if you're not taking care of your own physical, emotional, mental, and spiritual needs, you will have less energy, space, and patience to connect with and take care of your children. Show yourself grace also. Some days will be better than others.

10-Remember this wont be forever.

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Please let me know if I can be of assistance to you at this time.

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