



Remote Instruction Tips for Parents

The transition to distance learning will be challenging for families. Parents will need to think differently about how to support their children; how to create structures and routines that allow their children to be successful; and how to monitor and support their children's learning. Some students will thrive with distance learning, while others may struggle. The guidelines provided below are intended to help parents think about what they can do to help their children find success in a distance learning environment.

Establish routines and expectations

Little Miami encourages parents to set regular hours for their children's school work. Keep normal bedtime routines for younger children and expect the same from your Junior High and High School-aged children, too. Your children should move regularly and take periodic breaks as they study. It is important that parents set these expectations for how their children will spend their days starting as soon as distance learning is implemented, not several days later after it becomes apparent a child is struggling with the absence of routine.

Monitor communications from your children's teachers

Teachers will communicate with parents and students through Schoology and email. Parents are welcome to contact their children's teachers. However, we ask parents to remember that teachers will be communicating with dozens of other families, and that communications should be essential and concise. Please be patient and kind with teachers & staff.

Begin and end each day with a check-in

Parents are encouraged to start and finish each day with a simple check-in. In the morning, ask your student if they have what they need to get started. What resources do they require? What support do they need?

Establish times for quiet and reflection

A challenge for families with multiple children will be how to manage all of their children's needs, especially when those children are different ages and have different needs. There may be times when siblings need to work in different rooms to avoid distraction. Parents may even experiment with noise-cancelling headphones to block out distractions.

Encourage physical activity and/or exercise

Make sure your children remember to move and exercise. This is vitally important to their health, wellbeing, and to their learning.

Remain mindful of your child's stress or worry

These are unsettling times for all and it is imperative for parents to help their children manage the worry, anxiety, and range of emotions they may be experiencing. Difficult though it may be, do your best not to transfer your stress or worry to your children.

Set Expectations

Create expectations for the learning environment at home & communicate these expectations to your student at the start of each activity. For example, when your child is attending a Zoom meeting with their teacher, discuss what your child's behavior should look and sound like (remain seated, keep your microphone muted unless the teacher asks you to unmute). Creating expectation visuals may also help reinforce expectations.

Choose a Learning Spot

Have your child provide input on how to make their learning space inviting. For example, hang exemplary student work on the wall. Ensure all needed supplies are organized and within reach. Provide flexible seating, when appropriate. For instance, while a student may be expected to sit in a chair for Zoom meetings, a beanbag chair in the corner is a great spot for a student to complete their independent reading.