

# Tips and Resources from Psychology and Social Work at Boomerang Health: Managing On-line Learning... again

## 1. Create a schedule as best you can.

There are many ways to do this, depending on how much structure you can manage. Have realistic expectations and start small. Let everyone in the household have a say in the schedule. Kids are more committed when they have come up with the ideas and feel they've been offered choices. Make sure the plan and expectations are clear. Making the schedule visual can also be helpful.

## 2. Some different approaches to scheduling:

- Your child may not be able to manage the entire day of on-line school, but even small chunks can help. For example: School 9-10. Break 10-12. School 12-1. Break 1-3. Caregiver/child time 3-4. Outside time 4-5.
- It can be helpful to create daily goals. Every day try to do three things. 1. Something for the mind (e.g., school, read). 2. Something for the body (e.g., walk, skating). 3. Something for the heart (e.g., art, music).
- You may also try to schedule the day according to different tasks. For example: Wake-up routine, school routine, after-school routine, evening routine.

## 3. Create an environment that is as similar to school as possible.

- Make sure kids get dressed and have breakfast before they go to their work space.
- Make sure their work space is set up with what they need for success. Sharp pencils, paper, a charged computer.
- Feel free to pack their lunches as if they were going to school. Less chance they will want to graze and ask for snacks all day!

**4. Do the best you can to have a dedicated area for your child to learn.** Ear phones can help with focus. Have an area clear of distractions. Be creative (e.g., can you turn a closet into a small office?).

**5. Find some ways to make it fun/special, and be flexible.** Try to institute some unique learn-from-home traditions if you haven't already. Pizza for breakfast, smoothies for morning snack or Friday night sibling sleepovers.

**6. Most importantly, be kind to yourself.** This is not easy. If you need to prioritize work/self-care and increase screen time for your children, so be it.

**7. Socializing.** After the holiday break your children may miss their school friends. If you have the time try and connect them with their peers for to Facetime or chat on the phone. Social connection during this time is great for all of our mental health.

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## Here are some great resources for caregivers looking for additional strategies:

1. Learn from home resources for parents from the Learning Disability Association of Ontario: <https://www.ldatschool.ca/tag/learn-at-home/>
2. Technology safety tips and tricks: [www.cyberwise.org](http://www.cyberwise.org)
3. Sickkids Learning Hub for general Covid-19 resources and support: <https://www.aboutkidshealth.ca/COVID-19>
4. Anxiety resources for kids and parents: [www.anxietycanada.com](http://www.anxietycanada.com) and [www.Heysigmund.org](http://www.Heysigmund.org)
5. Helpful strategies for parents and students with attention-based difficulties: <https://caddac.ca/wp-content/uploads/2020/04/Online-Learning-Benefits-Issues-Strategies-CADDAC.pdf>
6. For youth with an Individual Education Plan, the following document can be used by the school staff and families to tailor the online learning environment: <https://www.understood.org/en/school-learning/for-educators/learning-and-thinking-differences-basics/iep-accommodations-during-distance-learning>