SUPPORTING LEARNING FROM HOME:
A GUIDE FOR FAMILIES

Helping children make an effective transition to online learning is critical for their success now and in the future. The good news is that there are tried-and-true strategies that can make online and hybrid learning effective.

The suggestions in this guide can help make learning from home successful, but you know your child best, so be sure to adapt these strategies to their needs.

Presented by ZOOM & ISTE

1 CREATE A LEARNING STATION

It's important to help students transition to "school mode" even if they're still at home. A learning station–a space in the house where school work takes place–can help with this transition. A learning station might be a desk in a bedroom or a spot at the dining room table.

Learning stations should be:

• Comfortable

• Consistently available every school day

• Relatively free of distractions

2 GET THE TECH RIGHT

Having the tech ready and using it effectively will go a long way toward ensuring a successful online learning experience.

Here are some recommendations:

• A headset with a microphone can make it easier to block out noise while students are participating online.

• If you're using a personal device make sure the apps and settings are appropriate for children (consider using the Parental Controls feature on iOS and Android devices).

• Make a list of all the websites your student will be using for school with their login information. Have it available for easy reference so you don't have to scramble when class is starting.

Monday		Tuesday	
7 a.m.	Get ready/ Breakfast	7 a.m.	Get ready/ Breakfast
8 a.m.	Math	8 a.m.	Social Studies
9 a.m.	Break	9 a.m.	Break
10 a.m.	English	10 a.m.	Music
11 a.m.	Lunch	11 a.m.	Lunch
12 p.m.	Reading time	12 p.m.	Reading time
1 p.m.	Physical activity	1 p.m.	Physical activity
2 p.m.	Art	2 p.m.	Science
3 p.m.	Outdoor/Social time	3 p.m.	Outdoor/Social time
4 p.m.	Homework	4 p.m.	Homework
6 p.m.	Dinner	6 p.m.	Dinner
7 p.m.	Free time/ Chores	7 p.m.	Free time/ Chores
8 p.m.	Get ready for bed	8 p.m.	Get ready for bed

3 MAP OUT A SCHEDULE

Creating an easily accessible schedule will be helpful for adults in the family as well. It's also important to involve children in creating their schedule when there are options. Make a schedule that's realistic for your family, and be sure to include some unstructured time. Print out the schedule if possible.

4 STRIKE A BALANCE

When school and social time are both happening online, the traditional approach to screen time may not be the best way to teach boundaries. Instead of focusing on how many minutes a child spends on a screen, make sure they're learning to have a healthy balance among a variety of online and offline activities. This helps children recognize that finding the right tech balance is more about the value of their digital activities than the number of minutes they spend on the device.

5 BECOME A SUPPORTIVE LEARNING COACH

Much of the school experience for your children will be shaped by your example and attitude. Give yourself some leeway as you adjust to taking on other responsibilities.

Here are some tips for supporting learners at home:

• Help kids stay on track by having them write down their goals for the day.

• Have a white board next to their computer if possible.

• Talk to older kids about eliminating distractions such as social media during school time.

• Help your child feel as though they're in control of their learning. Wait until they ask for help before jumping in with your solution. If they're stuck, you might ask them a question like, "Where could you go for help?" instead of providing the answer.

• Model how to find solutions without getting frustrated when things go wrong.