Things for parents to know

As we all face unexpected and uncertain times, here is a list of a few things to consider as you care for and teach your children:

- Face to face time is the biggest loss for kids during this situation. They feel isolation, boredom and frustration, just like adults.
- Parents avoiding their phones when spending time together is easier said than done.
- Take it easy on yourself. What works for one family might not make sense for yours. Do what works best for your family.
- Parents: you are natural teacher more than you may think. Are you going to perfect? No. But start with what you know and learn.
- Self-health is a huge challenge during this stressful time. Its ok to have bad days, to feel guilty to realize you have neglected your child for 3 hours. It’s not okay if you keep doing it every day.
- Don’t beat yourself up and expect the home learning experience to be perfect.
- Even the simplest crafts require sitting and that can be a tall order for very small children. Consider activities that require movement before asking the child to sit for a period of time.
- Try to do analogue activities as possible
- Plan one big chore a day, such as: organizing Legos by color, organizing books, washing vegetables, or anything that makes them feel like they are helping.
- A 40-quart plastic “sensory” bin is a good messy craft catch all.
- Try focusing efforts on off-line task that are easily explained.
- Board games, card games, long walks, bike rides- all the old-fashion stuff works.

References:

Homeschooling Your Kids Because of the Outbreak-Intelligencer New York

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