



# REPORT TO PARENTS: HELP CHILDREN LEARN AT HOME

## Create a Routine

- Set up rules for everyone at home to try to be as quiet as possible during class.
- Review assignments and expectations from the school, and help set a reasonable pace.
- Plan for flexibility in the schedule—it's okay to adapt!

## Meet Individual Needs

- For children who have trouble focusing, allow for more frequent breaks.
- For children with sensory needs, sitting at a table all day may prove difficult. Consider alternatives such as floor space, floor pillows, or a yoga ball.

## Other Ways to Learn

- Hands-on activities, like puzzles, painting, drawing, and making things reduce screen time.
- Practice handwriting and grammar by writing letters to friends and family members. This is a great way to help your child feel connected to others without face-to-face contact.