

Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others,
and avoid crowds.



Wash
hands often.



www.cdc.gov/coronavirus/vaccines

School at Home

Helpful tips for homeschool & virtual learning



BE FLEXIBLE

Kids need structure and schedules, but they also need to know that the world won't end if something changes. Build in flex-points throughout the day to cushion the blow if something unexpected happens.



SLEEPY KIDS ARE EMOTIONAL

Sleep affects attitudes and not getting enough can make kids even more whiny and irrational than normal. Even teenagers need more sleep than you think.

TAKE PLENTY OF BREAKS

Whether you take a few long breaks or several short ones, time off is just as important as working. Find what works best for your child, but usually, the younger the kid, the more frequent breaks should be.



ADJUST YOUR SCHEDULE

Different ages and learning styles work better with different schedules. Kids tend to do their best work in the morning, while groggy teens tend to work better if they can sleep in and work through the afternoon. Feel free to experiment with your kid's best time for focused work.



FUEL THEIR BRAINS

Kids think better when they're full, but too many sugary foods can cause a cranky crash later in the day.

JUST ENOUGH TIME

Your school may already have expectations of how much time your child should spend doing school work each day. If it's all up to you, however, you may be surprised by the amount of instruction time your kid needs.



Grade Level	Minimum	Maximum	Session Length
Pre-K	20 mins	60 mins	3-5 mins
K	30 mins	90 mins	3-5 mins
1-2	45 mins	90 mins	5-10 mins
3-5	60 mins	120 mins	10-15 mins
6-8	90 mins	180 mins	15-30 mins per class
9-12	120 mins	270 mins	20-45 mins per class

*According to Illinois State Board of Education, Remote Learning Recommendations

CHECK-IN TIMES



If your child is doing virtual school, you don't have to sit with her or him the entire time. Let your child know that you'll come back every 30 minutes, or even every 5 minutes, depending on your child's capabilities. Only answer questions and offer help during check-in time. That way you will be free to do other chores or take a moment for yourself.



FIND TEACHABLE MOMENTS

You don't have to make everything a lesson, but there's opportunity in every moment. A frog discovered at playtime can become a quick lesson on habitats. Making dinner can be an exercise in measurements, chemistry, or just general home economics.



Conditions for a Healthy
Appaling County

Behavior Tips

Helpful tips for homeschool & virtual learning



WHAT'S THE FUNCTION?

If your child has some problematic behaviors, try to be curious about the purpose it is serving. Is this for attention? Does she need a break? Is he hungry, sleepy, or anxious? All behavior usually happens for one of four reasons: attention, getting something, escaping/avoiding something, or because something is going on inside the body. If you know why your child is doing it, you can help your child choose a better behavior to get what they need (e.g. "If you yell at me, I will not answer you, but if you call for me politely and wait, I will answer your question").



GET CALM FIRST

You will have lots of frustrations with each other throughout the year, even throughout the day. They'll be mad. You'll be mad. But before you do anything else, get calm first! Take some deep breaths, walk away for a moment. Get your thoughts together. Let your kid get calm as well. Get everyone safe if there's danger, but then let everyone cool off. After that, identify the problem, find a solution, and identify what needs to happen next.



LET THEM WIGGLE

Most kids need to move at least a little. Let them swing their feet or wiggle in their chairs, and give them time outside if you can. As long as they can get their work done, give them as much freedom to move as possible.



REINFORCE THE BEHAVIOR YOU WANT TO SEE

Give rewards and take away extra work, chores, etc. every time your kid does the right thing. Pick new reinforcers every week, or even every day. Print out a picture or write it down and post it somewhere your kid can see it while completing tasks. Everyone likes to know what they're working for.

GIVE YOURSELF A BREAK

This has been a hard year, and it's not over yet. While you're reinforcing your kid's hard work, don't forget to reinforce yourself for yours. Savor a cup of tea or coffee. Reach out to a friend for encouragement. Find a safe person with whom to vent your frustrations.

