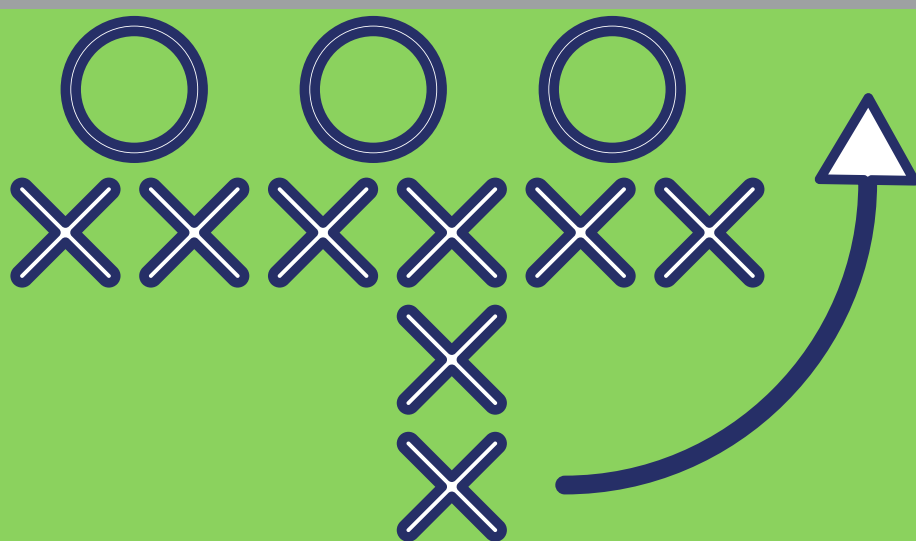


# PARENT PLAYBOOK

Tips for Supporting Your Child's Development in Any Learning Setting



## THE BASICS

\* adapted from *The Distance Learning Playbook for Parents* (2020)



### ESTABLISH ROUTINES

- Identify self-care needs of your child and develop routines
- Develop a schedule to follow routines
- Have your child "get ready" for school each morning
- Avoid negotiating schoolwork vs. chores



### CREATE A LEARNING ENVIRONMENT

- Identify a workspace (keep it consistent)
- Keep supplies in workspace
- Create plan for brain-breaks, movement, and snacks
- Establish guidelines for using the workspace



### FAMILIARIZE YOURSELF WITH THE LMS

- "LMS" = Learning Management System
- Find out how to log in (be sure to have your child's passwords)
- Learn features of the LMS so you can help when needed
- Learn protocols for completing and submitting assignments



### FOLLOW VIDEO CONFERENCING NETIQUETTE

- Know teacher expectations for live meetings and support them
- Include live sessions in your child's schedule
- Encourage your child to use the camera
- Listen in occasionally (notice behaviors/participation/ability to use tools)



### ENSURE ADEQUATE SLEEP

- Be aware that sleep impacts learning
- Include evening routines and expectations in the schedule
- Establish a firm bedtime
- Avoid electronics in the bedroom & stop use 1 hour before bed



### MONITOR SCREEN TIME

- Identify which apps are effective in facilitating learning
- Build in tech breaks
- Ensure your child spends just as much time engaging in tasks, play, and conversation off a device as they do on a device



### COMMUNICATE

- Be involved in your child's education
- Ask for a weekly schedule to build into routines
- Develop a system for communicating with teachers

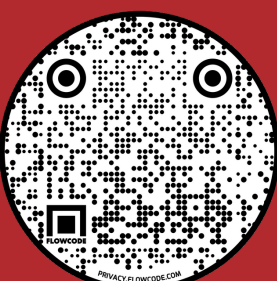


### TAKE CARE OF YOURSELF

- Establish routines for yourself
- Protect your time
- Take time for yourself each day

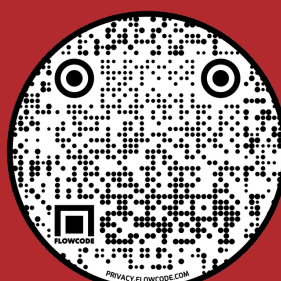


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#### FAMILY SUCCESS GUIDES

An overview of content priorities and tips for making math and science relevant at home.



#### REMOTE LEARNING RESOURCES

A list of resources broken down by concept to support your child's learning.

\*Wiseman, R., Fisher, D., Frey, N., Hattie, J., & Wessling, S. B. (2020). *The distance learning playbook for parents: How to support your child's academic, social, and emotional learning in any setting*. Thousand Oaks, CA: Corwin Press, a SAGE Publishing Company.

