

STAY-AT-HOME SCHOOL TIPS

Using the time before school begins to get prepared for virtual learning can help make it a more manageable experience for you and for your child. As age permits, have your child work with you to design their study area and schedule. This can help build buy-in and ownership of their learning.

Set up their learning environment

- › Set up a dedicated, well-supplied study area away from noise and distractions as much as possible. Noise-cancelling headphones can help.
- › Confirm you have well-functioning technology. Get and test out all online learning components. Review internet connection/speed and device capabilities – for example, is streaming video supported? Download software or programs required by your child’s school. Check your printer and ink, if needed.
- › Know how to get support and guidance from the school, IT director, and your child’s teacher(s).

Create structure with routines

- › Use what you know about your child to create realistic schedules, such as bed/wake/meal/snack times and physical activity. Being physically energized can help them be more focused and ready to learn.
- › Use poster board or a whiteboard to write out the schedule for the week. Incorporate any time-sensitive elements from the teacher. Use images if your child isn’t reading yet. Post it in a visible spot.
- › Use a morning meeting to discuss expectations, priorities, and goals for the day. Ask if they understand what they’ll be doing and have what they need to do it.
- › Use an end of day debrief to talk about what they were able to accomplish and what they learned. Ask if they ran into problems and how you might make it easier.
- › Use a schedule to create the security of predictability, but remain flexible to keep it from becoming a stressor. Sometimes things fall apart!

Design a varied day

- › All ages need regular brain breaks. Follow learning sessions with time for physical activity, artwork, or free time to play, get outdoors, relax, and recharge.
- › Help your child connect with friends in safe ways.
- › This isn’t the time to worry about screen time. Stay aware and guide the content of what they access online, but computing the hours isn’t helpful now.

Consider your role

- › Be present and available, but expect your child to take ownership of their learning. See yourself more as a coach than an instructor.
- › Focus on their effort, point out progress, and ask open-ended questions to stimulate thoughts.
- › Acknowledge the stressors, but share your confidence that your child can manage them.
- › Infuse “DIY” learning into the day – it “counts!”
- › Encourage and build on your child’s strengths and interests to expand their learning.

Consider your mindset

- › Do not expect or strive for perfection
- › Be patient with yourself and your child
- › Prioritize emotional health for everyone.
- › Remember that this isn’t going to be forever.

Resources for different age groups

K-12 Blueprint: Parent’s Guide to Remote Learning
www.k12blueprint.com/content/parents-guide-remote-learning

Any reference to the products, services, information or websites of any other non-Cigna affiliated entity is provided for informational purposes only and should not be construed as an endorsement by Cigna of the products, services, information, or websites of such entities, nor should such reference be construed as an endorsement by such entities of the products, services, information or websites of Cigna and/or its affiliates. Cigna neither reviews nor controls the content and accuracy of these references or websites, and therefore will not be responsible for their content and accuracy. Your access to non-Cigna web sites is at your sole risk.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

Use and distribution limited solely to authorized personnel. 881285 07/20 © 2020 Cigna

