

## parent quickstart guide <template>

<Insert district/campus message here>

Example: Hello Parents! We recognize that during this time there are many children home from school and parents home working remotely. This means parents and/or caregivers suddenly have to adjust to telecommuting while kids are home. Thank you for allowing us time to be thoughtful on how we support our students and families. We are here to help and navigate during this unprecedented time. We are all in this together and we are grateful for your willingness to help support learning at home.

Below are a few tips on how to get you going:

### Connect with your kids

- Be calm and supportive
- Engage in proactive, age-appropriate conversations
- Find ways to connect as a family
- Social-Emotional resources for kids: <https://bit.ly/2wmmbul>

### Connect with family, friends, neighbors, and teachers

- Call/Skype/FaceTime/Zoom with family, friends, and teachers
- Write and mail letters or create cards
- Host a virtual meal
- Attend a virtual concert, church/community service, exercise, or yoga class

### Connect time and learning with a flexible schedule

- Set up a learning space
  - create a dedicated space for learning
  - make it comfortable and accessible (dining room table works!)
- Decide on a schedule
  - be flexible – it will probably need to change
  - consider 30 min to 1hr chunks of learning a couple of times a day
  - build in downtime with and without screen time
  - include exercise and outside time
  - encourage creative outlets
- Provide academic choices
  - resources <link to district/campus resources if available>
  - reading, writing, math, and [fun choice board](#)
  - brainpop (free right now): <https://bit.ly/3dnecOl>
  - virtual field trips: <https://bit.ly/2wzdVr0>