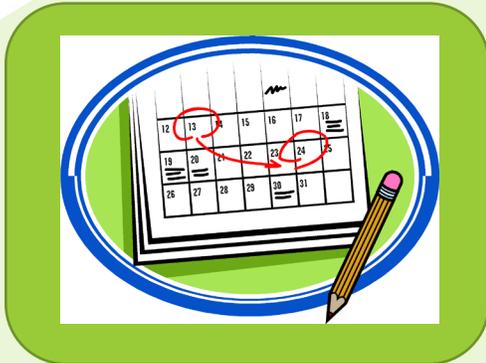


MAINTAIN CONSISTENCY

- Try to keep morning and bedtime routines the same as you would for a regular school day. That means getting out of pajamas and having breakfast in the morning and going to bed at a reasonable time.
- In your daily schedule, make sure to include a variety of non-academic activities too:
 - Family connection time
 - Outdoor time
 - Safe social connection time
 - Helping time
 - Quiet time
 - Play time
- Breaks are an important part to any routine. Breaks away from the screen are especially important during virtual-learning.



TIPS FOR PARENTS

ON MAINTAINING ROUTINES DURING COVID-19

It may not seem like a certainty now, but schools will re-open again. Sticking with regular routines right now is so important. It helps facilitate quality learning during remote-instruction and it helps make any return to in-person learning smoother.

Adapted from R. da Cunha, A. Helps, & E. Tirovolas, May, 2020

IT ALL TAKES PRACTICE

- Keep that growth mindset. It all takes practice and 100% success each day is unrealistic. Don't throw the baby out with the bathwater – if one day is challenging, remind yourself and your child that you'll try again tomorrow.
- Practice what you preach. Your child observes what you do, so model what you want your child to copy. Make sure that you have your own routine or schedule to follow each day and that you follow through on it. If possible, try to synchronize some aspects of your schedule with your child's (e.g., taking a walk together during "recess" break, having mealtimes together or cooking together).

SUPPORT LEARNING THROUGH PLAY

- In your daily or weekly schedule, try to include non-curriculum activities that use play, fun, or real-life experiences to help support academic development.
 - Playing with Lego & Playdough
 - Listening to music
 - Learning through podcasts, audio/video books, virtual museums/zoos
 - Playing games & doing puzzles
 - Creative exploration (e.g., coloring, arts/crafts)
 - Dancing/cycling/yoga/nature walks
 - Reading (novels, comic books, I Spy, etc)
 - Doing chores and learning life skills (e.g., sewing, cooking, folding laundry)