

Virtual Learning Tips for Parents

Routines are important!

- Be sure to establish a morning routine. (Breakfast, brush teeth, etc)
- Ensure devices are charged each night. (having headphones to minimize distractions)
- Make a workspace (preferably not the bedroom).
- Set consistent bedtime and wake up times.



Set Clear Expectations:

- Communicate regularly with teachers.
- Ask your child to “teach you” what they learned that day.
- Foster an interest in their learning.
- Be positive! They will mimic your enthusiasm.



Have FUN!

- Exercise! Make sure kids are going outside, doing Ms. Demyan’s Bootcamp, meditation, or Yoga! If you need resources email me at erin.demyan@spencer.kyschools.us
- Use real life activities to enhance learning. Make a cake with fractions or practice writing by sending cards to a loved one. Being of service to others is the best way to combat sadness or anxiety!

“Be patient with your child, teacher, yourself, and the school system. This is new for everyone.”