

Returning from Vacation to Distance Learning

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Getting Back on Track

- Start small.
- Routines first, work second.
- What didn't work before won't magically work today.
- Be kind to yourself.

Same ocean, different boat

- Not everyone is getting back to school with the same supports.
- Work schedules and parents out of the home may limit when your kids can realistically work.
- Don't compare yourself with others.
- If your time is limited don't be upset, do what you can.

Pre-teaching and Incentives

- Talk to your kids the day/night before about expectations.
- Set reasonable waking times based upon bedtimes.
- Work before play rules.
- Create motivation for success with preferred meals, tech access, etc.
- A reward is not a bribe!!!

Start Simple!

- Select the tasks you understand or can help your child with when you have time.
- Review materials in advance to see how your kids understand the instructions.
- Reading and watching educational videos are ok alternatives.
- Frustration is not your goal, engagement is the goal.

Managing Anxiety

- Children fear what they don't understand.
- Keep choices limited or simple.
- Talk frequently about a return to school and life after quarantine.
- Limit the news your children watch.

Talking about After...

- Talk to your children about school as a “Safe Place.”
- School was never unsafe. Being together with too many people was unsafe.
- Your school is doing a lot to keep you safe when you return.
- Protecting ourselves by staying home is for you, your parents, friends, and grandparents.

Talking about After...

- Things may be different when we go back.
- Less big group activities for a while, but seeing each other will be amazing!!
- People want to see you and are not worried about how much you know!
- Everyone is missing class and each other, so don't worry about falling behind.

Communication with School

- Being frustrated is typical.
- If you are confused, ask specific questions for help.
- It's ok to express frustration to friends and family, remember no one has EVER done this before.
- Teachers and staff want to help, tell us how we can!

Daily Tips

- Don't forget, we're in this together.
- Everyone is doing the best they can, if they struggle or make a mistake be kind.
- No one expects parents to be teachers and we understand your life may be very difficult right now.
- When you hit the wall...stop and do something fun to remind yourselves that this won't last forever.