

Getting Your Child Ready for Connected Learning

WAKING UP

Help your child start their day on the right foot. We know kids might show up in pjs sometimes, but we also know that waking up, brushing their teeth, having a good breakfast, getting dressed and getting some exercise before starting their day on the computer can really help kids thrive.

EXERCISE

We encourage you to create family habits for exercising throughout the day. Children have screen breaks at 10:00 and 12:00 daily, but they might not take those breaks without your support. Try doing jumping jacks together, going for a walk, or putting on some music to dance to. If you can't make time during the work day, consider building these habits in the morning and evening.

DESK SPACE

Set your child up with their own desk space or table to work and help them keep their materials organized.

- ⇒ We will send school supplies for your child to complete their school work.
- ⇒ Have your child's computer set up so that you can see the screen when passing.
- ⇒ Consider noise and other distractions when choosing your child's space.
- ⇒ If space allows, provide a designated space for your child that doesn't need to be packed up each day. If their space is used for other things, consider a bin that houses all of their supplies and can be easily unpacked each morning.

YOUR CHILD—ONLINE

- ⇒ Encourage your child to keep their camera on so that we can see their smiling face!
- ⇒ Be sure you can easily see their computer screen when passing by, so you can help them stay on task.
- ⇒ Consider parental controls that limit access to gaming or inappropriate sites. Let us know if you need advanced notice for your child to access certain sites.
- ⇒ Talk with your child about virtual safety.
- ⇒ Check Seesaw regularly to help them stay on top of tasks.
- ⇒ Make sure your child takes screen breaks, and check in with them at least every hour throughout the day.
- ⇒ Reach out if you need help :)