

RESOURCES AND STRATEGIES FOR PARENTS

RESOURCES

- [Tips for Helping Your Child Learn at Home During the Coronavirus Outbreak](#)
- [Distance Learning and Your Child with Disabilities: Tips for Families](#)
- [Remote Learning Executive Function Resources](#)
- The [Family Guide to At-Home Learning](#) has practical strategies that work for helping children of all ages who may be struggling with an at-home learning task. Families may find these strategies useful when helping their children complete various reading, math, and/or behavioral tasks at home.
- The New York State Education Department, Office of Special Education, is sharing the following resources provided by the [Center for Parent Information and Resources \(CPIR\)](#). CPIR, funded by the U.S. Department of Education's Office of Special Education Programs, is the central "Hub" of information and products created for the nationwide network of Parent Centers serving families of children with disabilities.
- [Resources for Social-emotional Wellness](#)
- Technology Resources:
 - [Video Instructions on How to Access Google Classroom](#)
 - [Slide Presentation on How to Access Google Classroom](#) (K-5) or View as PDF
 - Learning Ally Audiobooks:
<https://learningally.org/Solutions-for-Home/Parent-Resources>
 - Kami App: <https://blog.kamiapp.com/the-parents-guide-to-kami/>
 - For Chromebook issues, fill out this form:
<https://lhric.service-now.com/student>
 - For Infinite Campus portal help, email: portalhelp@pelhamschools.org

STRATEGIES

Creating a Distraction-Free Workspace

For students to be most successful, it is important that they can focus on the work in front of them and have minimal distractions.

Key Ideas:

- Quiet Location
 - Make sure workspace is not a high traffic area
- Clear the Space
 - Best to only keep the necessary materials within a workspace
 - If you cannot remove everything, you can consider covering them with a sheet
- Place preferred items out of reach
 - E.g., Put television remote, gaming console, devices...etc. out of view
- Turn off the television
 - This can easily distract students from the work in front of them
- Place your phone in an alternative space or turn it on silent
 - Phones are the easiest way to become distracted during work time

When you have multiple students it may be possible that one student will distract the other. It is important to have a plan that will help to keep the student on task.

- Have an alternative workspace identified
- Have headphones available
 - Utilize headphones for videos/technology programs
 - Have noise-canceling headphones if another student is engaging in behaviors that may distract the student
- Have free time in a separate location
 - This will help to make sure one student does not get distracted if they do not earn free time at the same time

Establish Structured Schedules

Key Ideas:

- Set clear expectations and review each morning
 - Set regular hours for learning. If possible, align these hours with the hours that your children are most attentive.
 - Write down a schedule for each child (or if appropriate, have your child create a schedule) Check off items as completed -- children love the sense of accomplishment!
 - Just as cellphones are kept in backpacks at school, keep cellphones away at home until assignments are completed (or use as a social break after a certain number of assignments are completed).
 - Maintain regular sleep routines and wake times.
- Balance academics and play
 - Build-in scheduled breaks for snacks, outdoor movement/ exercise, and playtime.
 - Younger children might be motivated by short goals, i.e. “complete two activities from your teacher and then we’ll play a family game.”
- Build-in opportunities for choice
 - A key rule to remember is to give only choices that you can agree to.
 - Provide specific options and avoid open-ended questions (e.g., “What do you want to do next?”)
 - Offer choices only when the child will truly be allowed to choose.

Don't fight! If it gets stressful, just take a break.

WHO DO I CONTACT?

For Questions About...	Contact
Specific Course, Assignment, or Learning Resource	Teacher
Supports or Accommodations	Special Education Case Manager or 504 Case Manager (K-5:Psychologist, 6-12:School Counselor)
Supports or Accommodations for English Learners	ENL Teacher
Problem with a School-Issued Chromebook	Submit Support Ticket to Tech Department
Personal or Social-Emotional Concern	School Counselor, Psychologist or Social Worker
Other Issues Related to Distance Learning	Principal or Assistant Principal
Health Related Questions	School Nurse