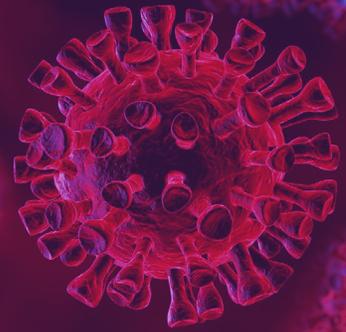


A healthy RESPONSE:

CORONAVIRUS & YOUR COMPANY



 COVID-19 INFORMATION

How to Help Your Child Continue Learning at Home

Stay in touch with your child's school.

- Many schools are offering lessons online (virtual learning). Review assignments from the school and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions and typing answers.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.

Look for ways to make learning fun.

- Have hands-on activities, like puzzles, painting, drawing and crafts.
- Independent play can also be used in place of structured learning. Encourage children to build a pillow fort or practice counting by stacking blocks.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.



Create a schedule and routine for learning at home, but remain flexible.

- Have consistent bedtimes, and get up at the same time, Monday through Friday.
- Structure the day for learning, free time, healthy meals and snacks and physical activity.
- Allow flexibility in the schedule — it's okay to adapt based on your day.

Consider the needs and adjustment required for your child's age group.

- The transition to being at home will be different for preschoolers, K-5, middle school students and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Consider ways your child can stay connected with their friends without spending time in person.