



SUPPORTING YOUR CHILD'S POSITIVE MINDSET

Particularly during distance learning



LISTEN TO AND ACKNOWLEDGE CHALLENGES

It is important to encourage your child to verbalize any bothersome feelings. We counselors notice that once students express their emotions, they need to hear that they are allowed to feel that way in order to move on. Simply stating "I hear you" or "that does sound (whatever emotion they stated)." As parents, we often want to fix the problem or give them suggestions. However, many times just listening and acknowledging their feelings allows the child to reset their mind without any further action.



MAINTAIN A ROUTINE

Even though your child and maybe others in your household are not leaving the home right now, having set times for different activities will help improve your child's alertness and focus, which in turn effect their work quality and the amount of time to complete work. Create a family schedule and post it somewhere visible in the house. We counselors suggest the schedule includes specific times for: wake and bedtime, meals, exercise, family time, and work.



STAY POSITIVE ABOUT DISTANCE LEARNING

You are your child's biggest role model. Your child will pick up on your own feelings and this will effect their mindset, well-being, and ultimately their academic success. Some examples of how you can be a role model are...

- If your child does not understand the directions to an assignment: "This is an opportunity for you to learn how to creatively solve a problem. What could you do to help you understand these directions?"
- If your child cannot load a video or website: "Rather than focusing on what you cannot do right now, move on to something you can do and come back later to try this again."



CELEBRATE COMPLETION

Encouraging your child to engage in a non-school related activities when they are done with work helps them to build the balance of working hard and engaging in other passions. Implementing this during distance learning can support their well-being. You can create a menu of items with your child. When they complete work for one class, they can choose from the menu. Some menu ideas are:

- playing a family game, choosing what to eat for snack or meal, playing music, choosing a family movie, calling a friend or family member, outdoor time, and reading.



CREATE YOUR SUPPORT SYSTEM

Be available to support your child with school work and/or have a list of others that your child can easily contact in the house, community, or through technology that could help them with questions about work. It may be helpful to identify teachers and classmates that are in the same time zone as your family.

<https://www.homeschool.com/articles/iqacademy4/>

<https://www.silive.com/coronavirus/2020/03/10-tips-for-families-as-nyc-schools-move-to-online-learning.html>

<https://www.restorativecommunityconcepts.com/blog/how-can-families-find-balance-in-these-uncertain-times-does-this-temporary-new-normal-provide-us-with-an-opportunity-to-recalibrate>