

“Helpful Tips for Caregivers for at home learning with your Wakanyeja”

- 1. Your attitude**-Remember, Children are sacred beings. If you are upset or resentful that they are home with you learning, they will feel this and reflect this energy! Stay positive! Encourage them.
- 2. Create a daily routine**-We all know that children as well as adults thrive on routine. If your children are older and doing school online, sit down with them and have them make a routine for themselves for a full school day with your approval. If the school requires scheduled check-ins and on line classes, include that as a part of their schedule. If they are younger, create the routine for them. Post their schedule on a whiteboard or on a large paper on the wall or refrigerator. Older students can use a planner too.
- 3. Make sure your children are dressed and groomed for the school day.** Dress for success, not bed! (Remember teachers and classmates will be able to see them and their beautiful faces on zoom.)
- 4. Eat Breakfast.** Good Nutrition affects learning. That’s why schools try to provide breakfast.
- 5. Have a prepared environment/place for schoolwork.**
Choose one area of your house where the children will be doing their activities and school work. This will limit the mess and keep all school supplies in one place. Some sort of table and chair is necessary. Set out all lessons for that day! Make sure the learning space is equipped with things they would normally use in school (iPad, Chromebook, laptop, charger, notebooks, textbooks, pens pencils, calculator, etc.) (Paper, pencils, crayons, ruler, scissors, glue stick, for young children.)
- 6. Eliminate as many distractions as possible.**
- 7. Meet with your child at the start of day and go over the schedule/activities for the day, just like homeroom or circle time.** Share your schedule with them also. Encourage them to do their best.
- 8. Take breaks:** Kids can get lots of work done in a very short amount of time at home. Let them take breaks, and don’t underestimate how much learning gets done through independent play Some breaks should be outside, walking, running, playing games or with pets, etc.
- 9. Involve them in making lunch if possible.** Help them learn where food comes from, grows, recipes, measurements, etc. Plan healthy lunches ahead of time if time is short.
- 10. Meet with child at the end of day and review work that has been completed/not completed.** This will keep them on track. Praise their efforts. If they need help, email the teacher or try google for help.
- 11. Create jobs**-During this time, everyone’s efforts are needed to maintain a happy, clean and safe living environment. Give them “Jobs” appropriate for their age and experience! Teaching responsibility and team living is always a good thing!
- 12. Quiet time**-Parents, don’t burn out! Give yourself 1-2 hours a day just for taking care of you!
- 13. Let your kids explore their creativity**-This is a great time to let your kids get in touch with their creative side. Put out art supplies and paper, get them empty books and have them write stories, let them bake, make slime, bring out the glue gun. Let them CREATE!
- 14. Give the kids alone time**-Your kids are going to be together for longer amounts of time than usual. Depending on the size of your house, and some may need to be more creative than others, there needs to be times of the day where the kids have time to themselves, either in their bedrooms or backyard, porch or wherever you can help make this happen.
- 15. You got this!** Anything is possible! You can do it! You are not alone! We are all in this together!

