

MY CHILD STRUGGLES WITH ONLINE LEARNING. WHAT CAN I DO?

PRACTICE WITH FRIENDS

Doing video calls with several of your child's friends at once may also help them get used to the setting, as well as being comfortable with seeing all of those faces looking at them.

DRESSING UP

Many children like getting dressed up so why not encourage them to dress up for classes and telling the teachers that so teachers can use that as a theme for certain topics.

A PLACE THAT FEELS AS THE SCHOOL - A FAMILY PROJECT

Having a comfy desk chair, a whiteboard, a cork panel, positive messages, noise-cancelling headphones can make learning at home easier for your child. If possible, build a place at home that will be used just for school related activities as that place is "the school". This will help you child to feel more close to regular school so you say "School time!" and they know where to go.

A TIMER TO SET A ROUTINE

It's helpful for children to stick to a routine even when they're learning from home in a more relaxed environment. Timers are useful to help structure their day, and for younger kids, a visual timer can help them understand how much time they have left in any given subject or activity. For older kids, timers can help them manage their time wisely and stick to a similar bell schedule they might be used to.

BLUE-LIGHT-BLOCKING GLASSES TO HELP WITH ALL THAT SCREEN TIME

Staring at screens all day takes a toll, and many children go from their phones to their computers to their tablets to the TV all day long. These can really help children as exposure to blue light can negatively affect sleep.