

Greetings Oakridge families! Here are some tips and schedules to make your home learning go as smoothly as possible. Please don't hesitate to reach out for help/support!

Sample Schedules:

<https://kfan.iheart.com/featured/mansour-s-musings/content/2020-03-15-try-this-covid-19-daily-schedule-to-keep-your-kids-from-going-stir-crazy/>

<https://mommyhood101.com/daily-schedule-for-kids>

<https://busytoddler.com/2020/03/daily-schedule-covid-19/>

Tips: (credit to a friend in Hong Kong a few weeks ahead of us!)

1. Set up a **dedicated workspace** for the kids! This helps standardize / formalize home learning and helps kids get into learning mode
 - o Ideally, find a space with **natural light**
 - o **Remove distractions** (toys, etc.)
 - o **Label manila folders** for each subject, keep them next to each kid's dedicated space
 - o Give each kid a **notebook to capture daily to do list**
 - o Put necessary **supplies within arm's reach**: pencils, pencil sharpener, erasers, crayons, plain paper, notebooks, sticky notes, devices.
 - o Consider buying a dry erase board. Your kids can write their to-do lists and check off as they go.
 - o At the end of the day, make sure your kids clean up the workspace (themselves!) – this helps transition out of home learning and makes the next day start more smoothly
2. Set a **routine that works for your family and share responsibilities!**
 - o You can use one of the schedules above
 - o Checklists and to-do lists are great for independent learning
 - o If possible, you can use device such as Amazon Alexa or Google Home to set timers, etc.
3. **Set boundaries with your work schedule / requirements.** If there are times when you need to work without interruption (conference calls, etc.), let the kids know your schedule ahead of time and tell them, for example, "I will be in a long meeting from 10:30 – 12:30 and you cannot interrupt me during that time."
4. Be **honest with your team / boss about your limitations.** It often helps to be completely honest with your boss / team about your situation. For example, let them know when I'll be offline due to family commitments. You can also block working time on your calendar when you know your kids will be engaged with independent work, etc.
5. Create a "**parking lot**" and use this to enforce boundaries on learning / working / parenting routines. A "parking lot" is where kids can write things down that they need

help with while you're busy. They put it there and then you answer/help when you are able.

6. Incorporate **daily exercise**.
 - Go on a walk
 - Do some yoga (you can get free kids yoga videos from [Cosmic Kids](#))
 - Play soccer, basketball, or whatever sport your kids like!
 - Remember, at this time, we are being advised to stay OFF community playgrounds due to the spread of germs on surfaces.
7. Take **time for yourself**. Whether it's getting out to exercise without kids, reading a book alone with lunch, going for a walk, listening to a podcast, whatever — if you're exhausted and stressed it will make everything worse, so do whatever you need to make yourself happier.
8. **Communicate with your spouse / partner / family support network**. This is a team sport and changes daily. Let your teammates know when you need help and give them a chance to ask for yours.
9. **Order some puzzles and crafts**.

Good luck! You've got this! And, we are here to help!