

A Parent Survival Guide

Transitioning from school to remote learning with UTB



1 | Firstly...

- This way of learning may be very new to you all - **don't stress about having to nail it from the start**. Be kind to yourselves!
- Stay with it, **provide structure and clear instructions** and this will improve over time as your children settle into a routine.
- You **don't have to stick to a timetable** - although you may want to!
- Have a **dedicated space** for your children to 'work' in.
- Consider how your **family's devices will be shared** between everyone.
- **Set firm guidelines** on where devices can be used.

Helpful Links

Younger children:

- [Epic books](#) or [Vooks](#) - lots of online books to read
- [Fitness videos for kids](#)
- [Khan Academy](#)
- Make a book using [Book Creator](#)
- [Brainson](#) - podcasts for families
- [The Daily STEM](#) - ideas for engaging with the real world
- [Scholastic](#) - heaps of activities for home learning by grade

2 | Then...

- Ensure you are **clear about how your children's teacher/s will be communicating** with you. What platform will they be using? (Google, Microsoft, Apple, Seesaw, emails)
- **Know what the expectations are** from your children/s teacher/s about what work has to be completed and by when.
- If your children are old enough, help them to develop their own **organisation techniques** to stay on top of what they need to do.
- Ensure your children know what to do if they need help - how will they **communicate with their teachers?**

Emotional Wellbeing

- **Take a break** during the day to get outside
- **Stay connected** with your wider family via chat / phone
- **Connect with nature** in your backyard - grow something
- Make use of the many **mindfulness apps** available
- Make time for **downtime and relaxation**, enjoy the small things like a puzzle or a game
- [50 fun activities with Lego Duplo](#) or create your own

3 | Finally...

- **Keep track** of what your children are doing when they are online. Are they doing what they have been asked to?
- Be prepared to **help them with their work** - this is a great time to have discussions about their learning with them.
- It's ok to **deviate** from the given task if you need to - they are still learning!
- Don't be afraid to **contact their teacher** if you need to - but be kind as they may be more stressed than normal too!
- **Have fun** with your children!

Helpful Links

Older children:

- Check the apps or websites your children are using with [Common Sense Media](#)
- [Khan Academy](#)
- [CS First](#) if your children are keen on some coding
- [IDEA](#) to develop real world skills
- You Tube [art tutorials](#)
- [Basic facts maths](#) practise
- [Science for kids](#)
- [TED Ed](#)