



# How To Support Children During Online Education

With COVID-19 causing widespread school closures, children are being given alternate resources, to study outside the classroom. Temporary solutions are devised for remote education like recorded classes and online classes through Webex by teachers. While parents are adjusting to this new scenario, during this time it's also important to help kids stay focused on learning and avoid overuse of games, social media, and videos.



## What is online learning?

It is important that we as parents understand that it is a stressful and unpredictable time for everyone, parents, children and teachers.

Explain to your child why this is important, talk about the Coronavirus epidemic and basic safety measures.

Help your child understand the importance of online learning and explain the importance of learning and how he/she must pay attention.

## Support your child

Help them in making their daily routine, since there is change in a lot of things like study patterns and schooling they will be confused with their daily schedule, helping them create a daily schedule/ hourly schedule it will help them be more organised and focused.



Checking with your child often to help them maintain their daily routine: make sure if they are doing good with their routine, make necessary changes if required.

Making sure your child has a space to work this can also help them define space and time mentally.

Providing a level of supervision suitable to your child, if you are a parent of a teenager give them their space to learn and monitor them remotely, younger children will need more support and supervision comparatively.

Ensure that there is no disturbance when your child is attending his 'school'. For every practical purpose.

Follow the timetable shared by the schools diligently and assist the teachers for they too are trying hard and face similar concerns as you do during this period of Lockdown. Children are learning by imitation, hence set an example to your children to follow timetable and respect teachers.

## Is Your Child Doing These?

**Time Management:** Make sure your child can attend the class on time, since the classes are shorter than before, it becomes very important to make use of every minute. Take this opportunity to teach your children on valuing time.

**Communication:** You can keep a check on your child if they can ask for help, contact other students and teachers for help and describe their problems. Children who are quiet by nature can be withdraw themselves and this can hamper their learning.

**Independent Study:** longer hours have to be spent on independent learning. This means that the child must manage time by making specific time slots for classroom and self-learning.

**Self-Motivation:** Motivate your child to attend the classes in the same spirit as he/she attends school. Keep a constant watch on if your child can maintain focus on the work set.

**Adaptability:** It is important to know if your child is able to adapt to the temporary change and adapt to the approach. Keep a close check on your child's emotional state as well.

**Preparedness:** Ensure that your child has taken the bath, had breakfast and is 'ready for school'. Provide a dedicated place for the child to attend to his/her online classes without disturbance.

**Technical support:** Provide your child with the required technical bandwidth. If you do not have a spare computer, then share your phone with your child to help them connect with his/her teachers in the session.

## Some Don'ts to remember during online schooling:



**Give them their learning space:** Do Not 'listen in' your child's classes. Just like in schools, the intervention of the parents is not required while the teacher is conducting the class. It may make your child overtly conscious of asking queries from his/her teacher. Treat this as you treat an actual schooling process.

**Stress more on Punctuality:** Don't let your child 'skip' the online classes or suggest that everything would be repeated once the school reopens. It is important that your child pays attention to the lectures.

**Don't discuss with them/ before of them:** Do Not criticise or mock the online classes or schools' efforts. Please remember that for children, especially young kids, these are troubling times. They would not understand the seriousness of the situation. Criticizing the online lectures may demotivate them.

**This Isn't a vacation:** Even though staying home from school might feel like a holiday, remind your kids that they're not on vacation. Assignments, grades, requirements, and tests like exams, aren't going away just because classes have moved online.