

Parents as Teachers During Remote Learning

Teachers are “coaches,” and parents are “teachers.” Although it is true that the parent is the first and most influential teacher in a child’s life, parents and families have been thrust into the role of educator. Parents are accustomed to helping their child with homework. Parents are not trained to teach algebra or sentence mapping or the water cycle. They are not trained to teach their child with dyslexia how to read. They are not trained how to provide meaningful enrichment for their gifted child. Parents, as you face challenges and change, be patient, be persistent, and be flexible.



Adjusting to Change

Explain:

- Explain to your child why this is happening while providing comfort.
- Be honest and clear with your child.
- Share your concerns with your child and allow them to share with you as well.
- Reassure your child, we are all in this together.

Plan:

- Work with your child to create a plan.
- Create expectations together.
- Allow time for your child to connect with teachers or classmates through phone calls, email, or video conference.

This Is a Process:

- You will not see results overnight.
- Allow you and your child a grace period to adapt to new changes. Be flexible.
- Allow yourself time to become accustomed with these changes.
- Children will also be learning new routines and schedules.
- Troubleshoot what is not working best with your child.

Challenges for Parents and Families:

Frustrations may arise and mistakes will happen during this time.

- It is okay to have moments that are not okay.

You already have a very busy schedule.

- Build brief breaks (“me time”) into the day.

Teaching and learning at home can be very stressful.

- Be kind to yourself.

You may feel overwhelmed and under-prepared.

- Focus on areas you are comfortable with and can prepare for.
- Do not be afraid to ask for help, with anything and everything!

Stay connected to family, friends, and support groups.

- This is a positive way to relieve stress and learn from one another.

You may have several children needing access to limited technology.

- Advise your teachers and schedule the technology the best you can.
- Seek technology advice and resources from your school and community.

You may feel worry about your family’s health, or finances, or your child lagging behind or losing focus with their schoolwork, etc.

- Take care of yourself—family first.
- Each child has a unique learning style and learns at a different pace.
- Seek clarity for assignments from the teacher.

Communication

Parents and families:

- Keep open lines of communication.
- Review school policies on communication procedures.
- Provide feedback.

Child:

- Let your child know how they are doing.
- Highlight their strengths for the day or week and celebrate achievements AND genuine effort!
- Discuss the areas that may need work.
- Create a plan with your child to strengthen those areas.
- Ask your child how you can better assist them moving forward.

Teachers:

- Share with teachers what worked well this week, as well as what did not go as planned.
- Work together to implement procedures that may help your child's learning.

Schools:

- Communicate with your school clearly and frequently.
- Reach out for support with the following:
 - Child motivation
 - Well-being
 - Educational support
 - Resources: basic needs and/or school supplies

Continuing

Compassionate Leadership:

- At school, your child looks to their teachers as leaders in their education.
- At home you are both the parent and their first teacher.
- Demonstrate compassion to your child through their learning process.
- Your child's well-being will always come first, and then success will follow in their education.
- Provide safety and comfort to your child. They may not remember the curriculum they studied, but they will remember that they felt loved, supported, and cared for.

Motivation:

- Consider rewards for your child as they accomplish daily/weekly goals, such as: extra free time/TV time.
- Build time in the schedule for breaks.
- You are taking on a big responsibility, remember to reward yourself as well.

Keep Learning Going:

- Change will continue. Frustrations will come and go. Encourage students and families to keep learning.
- Access resources for fun and interactive learning opportunities outside of the child's weekly curriculum, like virtual field trips.
- Even an evening walk or bike ride through a park can be a learning experience for your child.
- Become involved in community organizations or activities as a way to explore and grow.
- Participate in the community to meet new families and possibly gain new cultural experiences.

Culture

School vs. Home Atmosphere:

- Households and needs will vary greatly. Make your space and time work for your family. Not all learning spaces and schedules will look the same, and that is okay.
- As teaching and learning from home takes place reach out to your campus administrators for resources to support your child's achievement.
- Remote learning should not create an extra financial burden on your family. Reach out to your school, for supplies if needed.
- Work with the school to find alternatives to technology needs or to access resources within your community.

Resources

TEA Covid-19 Support and Guidance

- <https://tinyurl.com/TEA-Covid-19-Support>

USDE Covid-19 Support

- <https://www.ed.gov/coronavirus?src=feature>

Tips for Caregiver of Students with Disabilities

- <https://tinyurl.com/Children-with-Disabilities>

CDC Parent Checklist

- <https://tinyurl.com/CDC-Parent-Checklist>

Covid-19 Parenting Tips in Worldwide Languages

- <https://www.covid19parenting.com/>

Teaching and learning at Home

- <https://tinyurl.com/Region-16>

Coping During Covid-19

- <https://tinyurl.com/parent-guide-for-covid>

Multilingual Family Toolkit

- <https://tinyurl.com/yynjr244>