

Parent Tip #5: Establish Routine and Predictability



Students are unsure of what they should be working on and when

Learning thrives when accompanied by routine and schedule. If you've been operating in an unscheduled universe, you and your children are probably experiencing a lot of anxiety and frustration. Explore these tips for establishing a learning routine:

1

Write it down.

Not only does writing out a schedule establish accountability for all parties, but it also brings clarity to an otherwise nebulous situation.

2

Prioritize your nonnegotiable commitments.

Do you have learning allies (such as grandparents, siblings, or childcare) who can help fill the gap? Can you block time in your schedule and use flexible hours to support your child?

3

Determine what goes into your schedule.

Incorporate such important items as:

- School-sponsored check-ins with teacher
- Blocks of family availability
- Times for independent structured learning activities (with software or print materials)
- Breaks
- Movement
- Eating times
- Social time

4

Weigh your options between a set schedule versus a checklist.

If a prescribed schedule is not working for your child, consider creating a checklist of "must do" and "may do" activities.

5

Make it a partnership.

Work on a schedule with your child. Particularly if you are parenting a teen or tween, buy-in is essential.

6

Set up easy monitoring.

Assign stations in them home for each activity, such that students can get up and move and you can easily monitor that learning stays on track.