**Supporting the Education of Your Children at Home**

**One of the biggest challenges for parents in this pandemic is supporting their children with schoolwork while taking care of all other responsibilities. Here you will find some recommendations to overcome these difficult times in a less stressful way for you and for your children.**

* **Routines:**
  + Sit down with your children to talk about daily school and home activities.
  + Create a clean space for learning, where your children are free from distractions and can concentrate.
  + Check and talk about your children’s homework every day with them.
* **Emergencies:**
  + Discuss with your children what to do in case of an emergency, especially if your older child is supporting you with his/her siblings while you are at work.
* **Meals and Sleep Schedules:**
  + Establish good habits for mealtimes and bedtime. This will help your children to perform better at school and at home.
  + If you need food, you can call your migrant tutor and he/she will connect you with local programs.
* **School Work:**
  + Your children are not on vacation. School continues and teachers continue to give homework every week.
  + You, your child’s teacher, and the migrant tutor are now a team trying to support your child. Monitor that your children are doing homework every day.
  + Children learn best when they take short breaks every 30-45 minutes. The breaks could include time for stretching, using the bathroom, eating a snack for 5-10 minutes.
  + Avoid distractions. Turn off the TV and try to prevent your children from using cellphones or video games while they are taking online classes or doing their homework.
* **Free Time:**
  + Schedule playtime with your children. Play dominoes or bingo, go for a walk, and give your children adequate time to play under your supervision.
  + Make sure you also schedule time for your children to exercise.
  + You, as a parent, also need time to relax. Go for a walk alone and stay in touch with your friends and family.
* **Other recommendations:**
  + If you do not understand something about the schoolwork, or how to operate the tablet/computer, call your migrant tutor.
  + Be patient, nobody learns by scolding and screaming. Avoid physical punishment.
  + Tutors/teachers need to be in constant communication with your children to help them perform in their virtual classes, but it is still important that you supervise your children cellphone’s usage. Also, make sure your children have plenty of “off-screen” time.
  + If one of your children is helping you with his/her siblings, make sure he/she, also has, free time and time to do his/her own homework.
  + Talk to your children about the current situation and COVID-19 in an honest, clear way. Click here for ideas on how to talk to children about COVID-19: <https://www.chla.org/blog/health-and-safety-tips/how-talk-kids-about-coronavirus>.

**We know this situation is difficult for families but try to take advantage of this opportunity to develop a stronger relationship with your children. Remember, you are not alone. Our team is here to support you.**