

Teaching Tips for @home Virtual Learning

Parent as Teacher: Fostering Independence



Fostering Independence: Elementary School

Household

- Assign simple tasks and chores build to responsibility
- Provide 2-3 step directions
- Create visual checklists
- Use a timer to break tasks into manageable pieces
- Build success and confidence

Fostering Independence: Elementary School

Home Schooling

- Check you child understands the directions of the assignment
- Let your child work while you work nearby (try something that can be interrupted like making lunch, cleaning up after a meal, folding laundry)
- When they ask a question - pose one of your own to help them see that they can figure this out and continue to work independently.
- Encourage them to give it one more try out loud in front of you (try sounding that word out, what do you think the answer to $3+2$ is, etc.)
- Still stuck? - stop what you are doing and go over to help them
- Repeat
- Payoff - over time (2-3 weeks of consistent practice) your child will be able to work for longer periods of time independently

Fostering Independence: Middle School

- Review assignments and work with you child at the start of their day
- Ask them to share with you their plan to complete everything
- Guide them to revise their plan for the day to manage their time by asking key questions about their plan or to think about areas where you see potential issues
- Build in work, fun, relaxation and social time in their plan
- Take advantage of the non-traditional school environment
- Pick the best time of day for you and your child to work together or check in
- Encourage short breaks every 30 minutes
- Have clear expectations concerning screen time and use parental controls to help limit distractions

Fostering Independence: High School

- Use conversation starters and open ended questions to get your child talking about their Virtual Learning experiences.
- Listen
- Pick the right time: gauge your child's emotions - are they ready to listen to what you have to say?
- Return to open ended questions to ascertain how they have tried to solve any issues or problems independently.
- Ask permission when proposing ideas or tell stories: have you considered? When I was learning how to ... I tried/asked ... Would you like me to help you try that?

Praise to Build Independence and Motivation

- Be sincere in your praise
- Be spontaneous with your praise so that it has emotion and credibility
- Be selective with your praise
- Be descriptive and use questions to have children consider the impact of their actions on others - leave the judgement to the child
- Be encouraging
- Praise specific actions or effort
- Understand the level of development of your child and praise areas of growth towards the next level
- Encourage positivity in the home environment

Additional Resources

[How “regular school” parents can home school their kids](#)

[Praise that Makes Learners More Resilient](#)

[New Advice for Parents: “Saying That’s Great!” may not be](#)

[Parents & Child by Lawrence Kutner](#)

[Praise Children for Effort, Not Intelligence, Study Says](#)

[Use Parental Controls on Apple Products](#)

[Use Parental Controls on Google](#)

[Use Parental Controls on Microsoft](#)