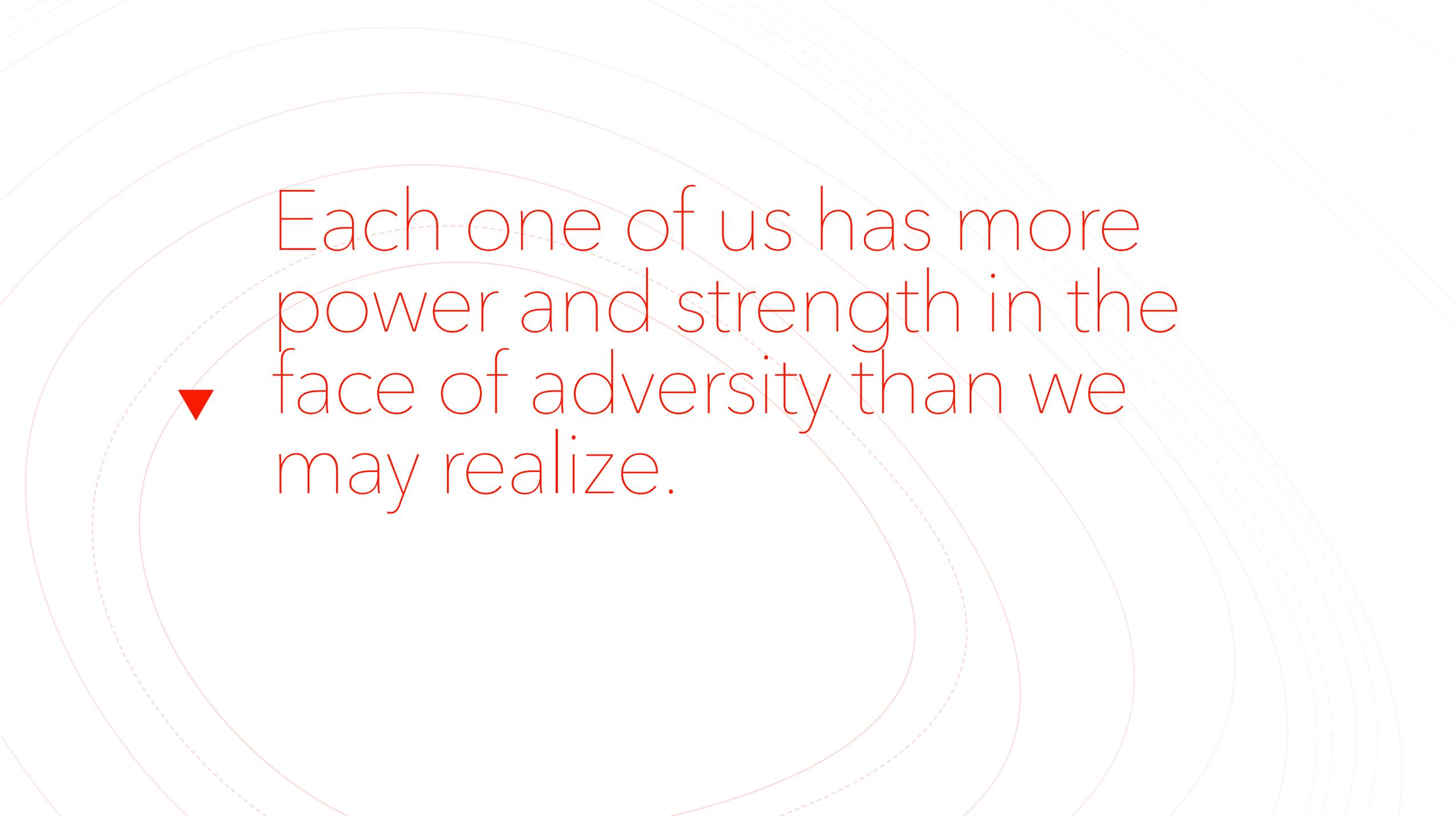


Parenting in a Pandemic:  
Raising a Resilient Child  
and Supporting Growth in  
Distance Learning

Our goal today will  
be to engage in an  
open and  
collaborative  
conversation! All  
voices and  
perspectives are  
appreciated!

▶ **Welcome!**



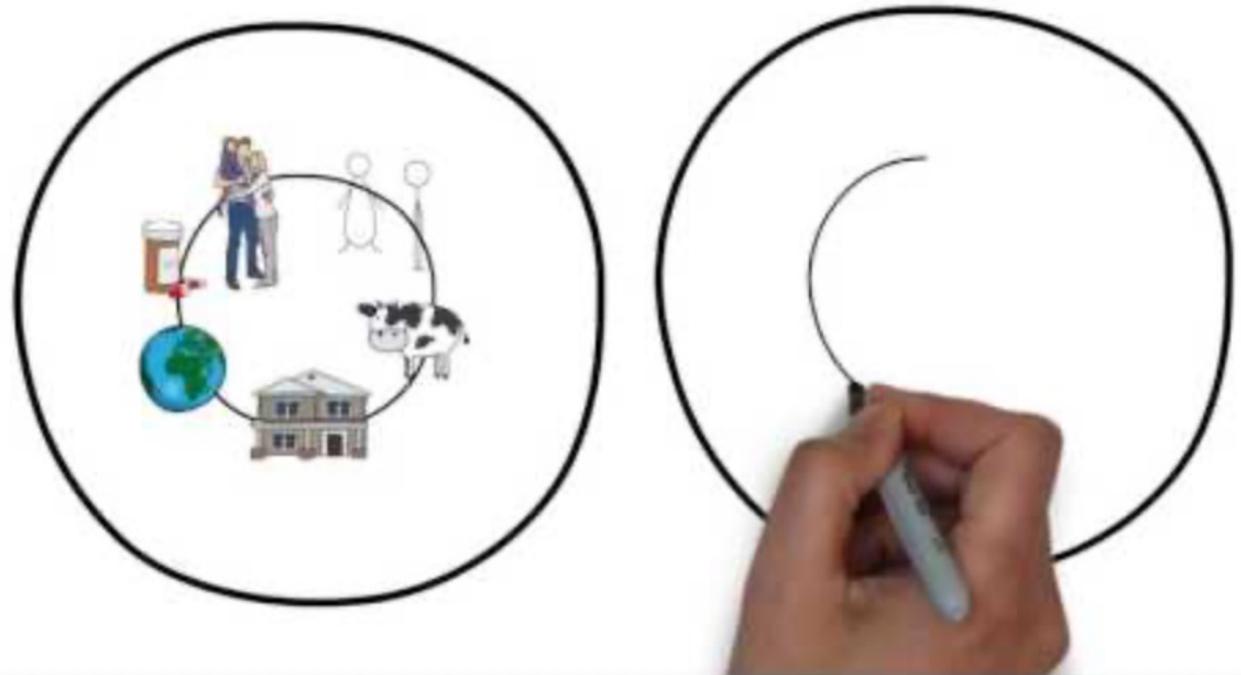
Each one of us has more power and strength in the face of adversity than we may realize.

- ▼



Building a Proactive Response

Circle of  
Influence Versus  
Circle of  
Concern

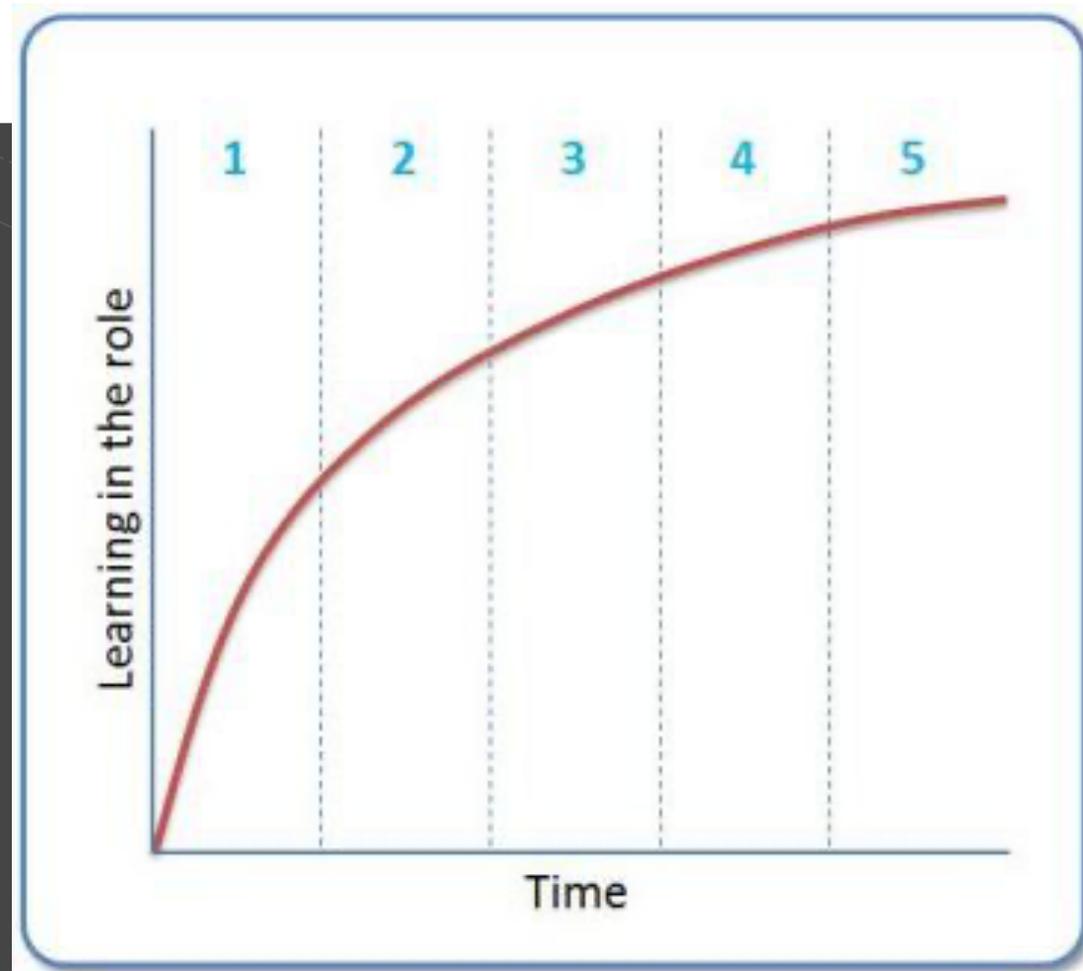








The learning curve may be steep in times of great change.





# Reflection Questions for Teaching Flexibility

- THE PAST - Rely on past successes
  - When did I experience something like this in the past? What did I do to persist?
- THE PRESENT - Gain control of what you can
  - What can I think and do now (in response to feeling disappointed/caught off guard/lacking control/unprepared)? What can I tell myself? What narrative do I want to create?
- THE FUTURE - Envision a path forward
  - What can I do now to plan for continued success? What is the next small step I can take, and what is the next step after that?



## Beasley Norms and Values

1. We take care of ourselves
2. We take care of each other
3. We take care of our school

## Possible Family Norms and Values

1. We take care of ourselves
2. We take care of each other
3. We take care of our home





## Possible Format for Family Meeting

1. State the reason for the meeting in positive and productive language
2. Share a compliment about what has been working well
3. State the challenge in positive and productive language
4. Share what approaches have been used and why they may not be optimal for the family; let others share too
5. Brainstorm ideas individually or as a group, ensuring that all voices are heard and valued
6. Discuss options and choose the solution that may work best for the time being
7. Implement the solution
8. Hold another family meeting to debrief and evaluate what is working well and what may still need improvement



The power of playfulness and joy

How can we support our children's learning during the present time, whether learning in person or in a distance learning model?



# Approaches

- Work hard to build secure attachments with your child
- Create daily/weekly schedules and routines
- Designate spaces for work, play, eating, and sleep
- Sketch out blocks of time for work and bookend them with breaks and play
- Teach your expectations in advance
- Help your child create a menu of activities
- Create space for problem-solving together when things are not working well

# MICDS

MARY INSTITUTE AND SAINT LOUIS COUNTRY DAY SCHOOL

## Distance Learning Strategy Help Sheet for Students

Study Skills	
Strategies	Skills to Use
Break assignments into smaller chunks	<ul style="list-style-type: none"><li>• Write down each task on a notecard; arrange the notecards in preferred order for completion; assign a deadline for each notecard</li><li>• Review the assignment; divide it into parts; do one part at a time; if it is a longer assignment, take a short break and then return to do more "chunks"</li></ul>
Lesser distracting environment for independent work or assessment	<ul style="list-style-type: none"><li>• Work in a quiet room with good lighting</li><li>• Use earbuds or headphones to block out noise</li><li>• Turn off or silence all other technology while working</li></ul>
Frequent breaks	<ul style="list-style-type: none"><li>• Set your own office hours or a routine for yourself, which includes breaks that fit with your needs</li><li>• Set a timer to notify yourself when to take a break</li><li>• Use your breaks to get away from screens - go outside, talk to people in person, read a book, exercise</li></ul>
Assistance with organization and time management	<ul style="list-style-type: none"><li>• Consider when you are most alert and motivated; use those times for the most challenging assignments or classes you have</li><li>• Make a list to gather needed materials and supplies, including a charger for your device if needed</li><li>• Make a daily and weekly schedule to plan out and organize your time; check off assignments and activities when completed</li><li>• Create a designated study space</li></ul>

Reading	
Strategies	Skills to Use
Use of audio or eBooks	<ul style="list-style-type: none"><li>• Use online resources, such as <a href="#">Learning Ally</a> or</li></ul>

Revised 8/10/20

# At-Home Strategies

	<p><a href="#">Bookshare</a></p> <ul style="list-style-type: none"> <li>If you do not have a subscription and would like one, please contact the Learning Specialist</li> </ul>
Increased time or shortened amount of required reading	<ul style="list-style-type: none"> <li>Review the reading assignment to determine how to divide it up across study times/days or into shorter blocks; ask your teacher or the Learning Specialist for help with the length of required reading</li> <li>Facetime/Zoom/Skype a classmate and tandem read to each other; discuss what was read</li> </ul>
Use of graphic organizers to assist with recall and comprehension	<ul style="list-style-type: none"> <li>Use online resources to find graphic organizers, such as <a href="#">Education Place</a></li> </ul>

Writing	
Strategies	Skills to Use
Use of dictation apps for prewriting or capture of information	<ul style="list-style-type: none"> <li>Dictate into the Notes app and then copy/paste to a Word document</li> <li>Use the Dictate button on Google Voice, OneNote or Word to capture your thoughts and start writing</li> </ul>
Use of computer for written work, assignments, essays, or notes	<ul style="list-style-type: none"> <li>Use your computer to type text, draw, or capture images to help with notetaking and assignments</li> </ul>
Use of computer to generate written work for tests	<ul style="list-style-type: none"> <li>Use online resources, such as <a href="#">PaperRater</a> and <a href="#">Grammarly</a> to check your work</li> <li>Type into Word and then use spell check and grammar check</li> </ul>
Allow for increased white space with fewer responses required per page	<ul style="list-style-type: none"> <li>Fold a blank piece of white paper to make a "cover marker" to hide all text on a page and then slowly slide the "cover marker" down the page, line by line, while reading each section</li> <li>Work out only 2-3 math problems on one sheet of paper, or use a small markerboard to complete only one problem at a time</li> </ul>

Math	
Strategies	Skills to Use
Use of number grids and/or	<ul style="list-style-type: none"> <li>Use online resources for printable number grids</li> </ul>

# At-Home Strategies

manipulatives to assist with calculation	<ul style="list-style-type: none"> <li>• Use coins, toothpicks, beans, paper clips, playing cards, or dice to represent hands-on manipulatives</li> </ul>
Use of graph paper or columns to assist with number placement	<ul style="list-style-type: none"> <li>• Use online resources for printable graph paper</li> <li>• Turn lined notebook paper sideways and use the columns to help visually organize data and problems</li> </ul>
Engagement in self-talk with problem solving	<ul style="list-style-type: none"> <li>• Record your voice as a voice memo as you brainstorm and talk out problems, then play the memo back to review your thoughts and ideas</li> <li>• Talk through the problem with someone as you work through it</li> </ul>

Assessment	
Strategies	Skills to Use
Ability to hear assessment read aloud	<ul style="list-style-type: none"> <li>• Record your voice as a voice memo as you read aloud the assessment; then, play the memo back and pause it as needed to complete the assessment at your own pace</li> </ul>
50% extended time on timed assessments	<ul style="list-style-type: none"> <li>• Continue working on the assessment for 50% more time after time is called or until you are done, whichever comes first</li> </ul>
Limit of two extended time assessments per day	<ul style="list-style-type: none"> <li>• If you have two or more extended time assessments on the same day, contact your teachers and arrange to move one or more to the day before or the day after to spread out your time and energy</li> </ul>

# At-Home Strategies

Questions or  
concerns? Need  
some additional  
support or resources?  
Please contact me at  
any time!

▶ **Thank  
you!**