Maestro Duarte's
School Counseling Corner Newsletter

Grace Hudson Language Academy
School Counselor

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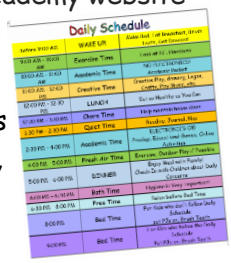
Effective Parenting While Distance Learning

The current Covid-19 pandemic has brought some challenges to all of us and we are learning to do things different from what we are accustomed to. Parent and family involvement has always been an essential part of student success at school and will be essential as we start the 2020-2021 School year in a distance learning format. The transition to distance learning will bring some challenges to all of us. Our school has worked hard to put in place the best plan, following state guidelines, to make sure our students get the best education possible as we go through these unprecedented times. However, there are some things that parents can do to help ease some of the challenges that distance learning brings to all of us.

Important Routines that Work

Keeping a Daily Schedule

Children and parents function best when there is a familiar pattern each day. Use visuals to help you establish those routines and stick to them. A good tool is the Daily Schedule posted on our Grace Hudson Language Academy website under Strategies from the School Counselor.



Establish a Consistent Bedtime Routine

Sleep is an essential part of everyone's routine and an indispensable part of a healthy lifestyle. Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health.

There are a few things you can do to ensure your child is getting a good night's sleep

- **Stop the use of electronics/screens at least an hour before bed**
- Limit caffeine and sugar intake throughout the day.
- A warm bath
- Participate in a quiet family activity such as reading a short book
- If your child wakes up during the night, walk them back to their room with as little commotion as possible
- Set a wake up time

Family Time

It's very important that, as parents, we make time for our family and make it part of our daily routine.

Reasons to make time for your family

- Children feel important, loved, and secure.
- He or she has an opportunity to model parent's behavior.
- Parents can observe and learn about the child's strengths and weaknesses in order to better guide them.
- Children have a chance to voice their thoughts and feelings.
- Parent and children develop a stronger bond.

Ways to engage with your child

- Family meal time – During the meal, children and adolescents can be encouraged to talk about how their day is going, what's on their mind, and not necessarily the usual topics like schoolwork.
- Homework – If parents can spend positive time with their children without conflict, this can be a good bonding experience where the school work itself is just a means to the end.
- Hobbies such as drawing, crafts, journaling are great opportunities for conversation.
- Board games and cards allow for the family to relax and enjoy each other's company and bring forth laughter.
- Reading to them and engage the child in a discussion about the book.