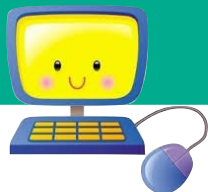


# Mr. Loren's Tips for PreSchool Remote Learning Success!



## Be Present

Whether you're video chatting on Zoom, Google Meet, or FaceTime, be present! No extra screens or distractions. (Kind of like how we did things in the "old days"!) Have a designated spot at home for "school" - your child's "office."



## The New Playdate

Social distancing doesn't mean social isolation. It's time to redefine what a playdate is! Stay connected with peers, teachers & family. This helps maintain social skills & mental health.. (And clean-up is easier!)



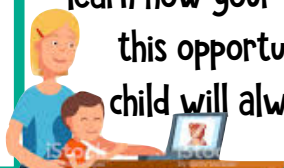
## Healthy Eating

Yes we're at home a LOT...with our kitchen within reach, but keeping to a healthy diet is key to a healthy body & mind. Kind of like a car: When you put "junky" gas in your car, your car won't run as well nor last as long.



## Embrace Learning Together

Attend lessons with your child, completing activities & assignments together. This is the perfect time to learn how your child learns. Embrace this opportunity as a one your child will always remember.



## Try Something New!

Being at home is the perfect time to play new games, learn new skills, & try new foods. This goes for everyone in the family. A topic for the dinner table is, "What is something new you tried today?" It was John Dewey who once stated, "Education is not a part of life. Education is life itself!"



## Follow a Daily Schedule



Kids learn best with predictability & routine. Imagine not having your to-do list! Schedules help with behaviors, school work, chores, responsibility & developing independence. Begin each day by changing out of PJs & making your schedule. Ensure success by having your child help set their daily schedule with you, and check off each item when they complete it.



## Reasonable Expectations

You have soooo much on your plate, and we still don't know what the future holds. Priorities include family, health, finances & yourself. Complete school assignments to the best of your ability.

## Screens Need Breaks, Too!



"Limit" doesn't mean "none." Provide breaks from screen time regularly. Schoolwork, family chats & peer interactions take priority. Promote good habits by keeping screens out of the bedroom at night. (Our devices have to rest & get re-energized like us!)



## Sleep Begets Sleep

Just because the school bus won't be at our house at 7:30am doesn't mean we can go to bed at 11pm! Keeping a healthy sleep routine promotes learning, health & positive behaviors. Make a family quiet time part of your afternoon schedule with books & calm music.