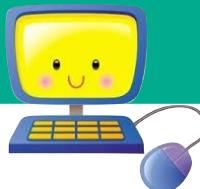


Mr. Loren's Tips for PreSchool Remote Learning Success!



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 "junk" gas in your car, your car won't run as well nor last as long.



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.

