**How to help with your Child’s education while isolating at home:**

Children will be using screen time a lot these days. If parents remain engaged with their children in their learning activities they will all do well in the long run.

**Reality Check: Kids won’t be as focused at home. If your child has ADHD it will be more difficult to control their attention. The schools can only take care of some of their education by online classes or weekly assignments**.

Parents have to take charge to help them further by additional educational activities. They need both their education, playtime/recess and interactions with schoolmates and family members by facetime/google duo.

**Make a daily schedule for them** that starts with education in the early morning for one hour followed by a quiz on the topic. Finish any course work given by the school first. Use online learning platform as given by the school. Then give an hour break for indoor or outdoor games. You may play board games with them if weather is not permitting for outdoor activities.

Next let them use online education for one hour.

Expii.com, Khanacademy.org, outschool.com, prodigygame.com, brainpop.com, pbskids.org are good sites to explore. Scholastic now has a free learn at home page. If your child likes music "smart music” is offering free access to its music teaching tools through June.

**Always consider the 3 C’s-Child, Content and Context** when you explore a new web site.

In the afternoon hours your child can choose a topic of his/her interest and explore on that. Let them use books and audio books generously. They can also have an hour of arts/crafts time some days.

In the evening let them have some outdoor activities in your backyard or nearby park.

Try to use all opportunities to generate interest and educate your child- for example while cooking you can teach chemistry or when outdoors in the garden/backyard you can teach biology.

**Staying connected is important**. On a daily basis let them talk to their friends/ family members. Apps like “Caribou” allows your child to read a book or color with others remotely. Grandparents will always appreciate these activities.

**Every night before going to bed sit down with your child to recapitulate the activities done for the day and what is planned for the next day**. Ask them what was challenging and what they enjoyed the most. Celebrate as a family for a job well done. **Always start the next morning discussing what was learned the day before and challenge them to find more about the topic**.