

TIPS & RESOURCES

FOR A HEALTHY HOME LEARNING ENVIRONMENT FOR YOUR CHILD

ESTABLISH STRUCTURE AND ROUTINE

HAVE KIDS
WAKE UP
EARLY, GET
READY, AND
EAT
BREAKFAST



SET ASIDE TIME
AT THE
BEGINNING OF
THE DAY WITH
YOUR CHILD TO
SET UP
EXPECTATIONS
AND GOALS FOR
THE DAY



CREATE A
VISUAL
CHECKLIST
WITH YOUR
CHILD

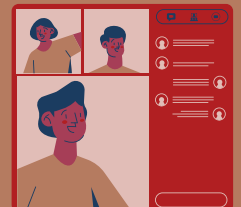
PROMOTE PHYSICAL AND EMOTIONAL WELLNESS

ENCOURAGE
BREAKS
THROUGHOUT
THE DAY TO
RECHARGE
THEIR BODY
AND BRAIN



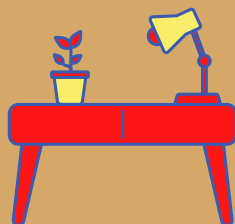
PROVIDE
HEALTHY
SNACKS AND
WATER

ALLOW TIME
FOR SOCIAL
INTERACTION
WITH THEIR
PEERS



HAVE A DESIGNATED LEARNING SPACE

KEEP SPACE
QUIET,
ORGANIZED, AND
COMFORTABLE
FOR LEARNING



HAVE
SUPPLIES
READY
(I.E. PAPER,
PENCIL,
SHARPENER)



(IF SHARING
SPACE)
TRY USING A
HEADSET OR
CREATE A
SCREEN

REDUCE DISTRACTIONS



LIMIT VIDEO
GAMES,
COMPUTER
GAMES, TV,
AND TOYS
DURING
LEARNING
TIME



AGREE ON
TECH-FREE
TIMES

CREATE QUIET
SIGNS



GET THE TECH RIGHT

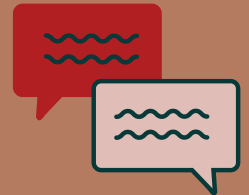


KEEP A LIST
OF ALL THE
WEBSITES
YOUR CHILD
WILL BE
USING FOR
SCHOOL WITH
THEIR LOGIN
INFORMATION



ENCOURAGE
YOUR CHILD
TO HAVE
THEIR
CAMERA ON
DURING CLASS

COMMUNICATE
WITH YOUR
CHILD'S
TEACHERS AND
STAFF



BE SUPPORTIVE AND CHECK- IN



DEDICATE
SPACE TO ASK
HOW YOUR
CHILD IS
FEELING AND
WAYS YOU
CAN HELP



LEAD BY
EXAMPLE:
TRY TO BE
PATIENT,
FLEXIBLE, AND
UNDERSTANDING

RECOGNIZE AND
CELEBRATE
SMALL WINS
WHEN YOUR
CHILD
DEMONSTRATES
SUCCESSSES



SOURCES:



ACTIONFORHEALTHYKIDS.ORG
CDN.ISTE.ORG
LEARNINGKEEPSGOING.ORG
UNDERSTOOD.ORG



CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

1203 Preservation Park Way, Suite 302 Oakland, CA 94612
Tel: 510-268-1260 | schoolhealthcenters.org