



Tips for Teaching your Kids at Home

Set a schedule but keep it flexible

Learning looks different at home so rather than trying to replicate your child's school schedule create one that works for your family's routine.

Make it fun

Try adding in small things that make learning fun for your child.

- Write in colored ink.
- Work on the couch.
- Read in funny voices.
- Go outside and work.

Take breaks

Get up and move with your kids. Take walks outside, try an online yoga program or get up and dance to a favorite song.

Boredom is a good thing

As parents we do not have to "entertain" our kids all day. It is good for them to have downtime (with no screen time) to explore, play and discover what they like to do.

Boredom is the gateway to creativity.

Find joy

Use this time to connect as a family with games, puzzles and movies or go on a family bike ride.

What brings joy to your family?

Make Time for You

While we are focused on the needs of our children, don't forget to take care of you. Just like a flight attendant says before a flight, you have to put your oxygen mask on first.

Schedule time to do what brings you joy or find 5 minutes of quiet to read, meditate, or drink a warm cup of coffee.