

My child says she doesn't like online learning. How can I help?

PARENT TIP SHEET

For many children, school looks different this year. Your child may be learning online part time or full time. This might make it harder to adjust to a new grade, new teacher, or new classmates. It's easy to understand why your child might feel frustrated. Here are a few tips to help.

Tip 1: Ask your child why she doesn't like online learning.

Be positive and realistic. You can't change her situation, but you can encourage her to make the best of it.



Say This

- "What is it that you don't like about online learning?"
- "What can I do to help make online learning better for you?"



Do This

- Talk to your child's teachers or other parents for ideas.
- Let your child know what you expect her to do. Providing structure and a consistent routine can have a positive impact on your child's mood and overall attitude toward learning online.



Check This

- Check in with your child often. Remember that adjusting to online learning takes time and patience.
- Reassure your child through the ups and downs; remind her that it's okay when some things don't work out right away.

Help your child set up a virtual background. This is a great way to make the learning environment more personal.

Tip 2: Encourage your child to connect with friends.

Typically, children make and maintain friendships in school or at afterschool activities. When learning online, they may miss seeing their friends, so it's important to help them stay connected.



Say This

- "Let's set up a time for you to chat with your friends. I bet you miss them!"
- "Would you like to have an online game night with your friends?"

Tic-tac-toe, guess who?, and trivia are all fun games your child can play with friends during video chats.



Do This

- Help your child brainstorm topics she wants to talk about, or questions she would like to ask her friends.
- Find a game for her to play with friends online. Games are a terrific way to keep the conversation fun and engaging for everyone.



Check This

- After a few minutes, check with your child to make sure everything is going well.
- Smiles and laughter are signs that your child is having fun and connecting with her friends.

Tip 3: Help your child stay organized.

Online learning schedules can include virtual instruction, independent learning, and teacher office hours. This can be overwhelming for your child.



Say This

- "Let's make a schedule of what you need to do (each day, each week)."
- "You can write down your assignments in a planner or on a to-do list."



Do This

- Help your child create a schedule. This might be a daily or weekly schedule, depending on your child's age.
- Show your child how to create a to-do list to complete assignments on time.



Check This

- Check your child's schedule frequently.
- Point out ways she can improve her organization (e.g., don't forget to write down weekly quizzes, schedule time to do homework).

References

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2. Branstetter, R. (2020). *How parents can support children with special needs during distance learning*. https://greatergood.berkeley.edu/article/item/how_parents_can_support_children_with_special_needs_during_distance_learning
3. Greenway, K. H. (2020). *My kids are allergic to video chats*. <https://www.nytimes.com/2020/05/14/parenting/coronavirus-kids-video-call-friends.html>