

Parents: Supporting Learning During the COVID-19 Pandemic

Use this outline to follow along with the module's main features. The blank "Notes" panels below each section are interactive and can be filled in using Adobe Acrobat. Otherwise, print this document and record your notes by hand.

Module Home

- Module Description: This parent resource offers tools and strategies for supporting your child's learning at home during school shutdowns caused by the COVID-19 pandemic.
- STAR Legacy Cycle
- Related to This Module
 - Link: Module Outline
 - Video: Navigating an IRIS STAR Legacy Module
 - Link: IRIS and Adult Learning Theory
 - Link: Wrap-Around Content Map

Challenge

- Video: Distractions, tech issues, 4th-grade math...all over the world, parents are waking up to the challenge of supporting their children's education in a time when schools have closed in response to COVID-19 and might remain closed for some time.

Notes

Initial Thoughts

- As a parent, what is my role, and what can I do to best support my child's education?

Notes

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Perspectives & Resources

❖ Module Objectives

- After completing the entire Perspectives & Resources section and reviewing the accompanying activities, you will better understand:
 - Your role in supporting your child's learning
 - How to prepare for learning at home
 - How to support your child's learning during school closures
 - Tips for supporting learning in reading and math
 - How to support you and your child's social and emotional wellness
 - Ways to support learning for your child who has a disability

Notes

❖ Page 1: What Is My Role?

- Supporting your child's learning from home: What is your role? What is not your role?
 - Supporting learning means... [bullet points with links]
 - Link: Module Page 2
 - Link: Module Page 3
 - Link: Module Page 6
 - Keep In Mind
- Tips [bullet points]
- Keep In Mind

Notes

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❖ Page 2: How Do I Get My Child Ready To Learn?

- Getting started
 - You will need to... [bullet points]
- Create a Learning Space
 - Tip: Limit Common Distractions [box with bullets]
 - Common challenges [drop-down menus]
 - I have several children and a small living space. How can I create a learning space for each?
 - Space dividers [photo slideshow]
 - How can I minimize the number of distractions in my house?
- Set a Routine
 - Keep In Mind
 - Create a schedule with your child
 - Schedule learning for only a few hours a day
 - Consider how long your child can stay focused
 - Table: Suggested activity length by age group
 - Tip
 - Offer a mix of activities
 - Link: Module Page 3
 - Link: Module Page 6
 - Be flexible
 - Tweak the schedule as needed
 - Resources to Create a Routine and Schedule [box with drop-down menus and links]
 - Elementary Routine
 - Elementary Schedule
 - Middle and High School Routine
 - Middle and High School Schedule
 - Link: Blank schedule form [Word Doc]
 - Link: Khan Academy sample schedules
 - Common challenges [drop-down menus with links]
 - My younger children are having difficulty following the schedule
 - Link: Sample visual schedule
 - My child frequently asks for help
 - Link: Module Page 7
 - My child is having trouble staying focused on a learning activity
- Set Expectations for Behavior
 - Tell your child what you expect
 - Make sure what you expect is reasonable

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- Include parent-child time in your schedule
- Teach your child to ask for help
- Praise and reward expected behavior
- Common challenges [drop-down menus with links]
 - My child is doing other things when he's supposed to be learning at home
 - Link: Blank behavior contract
 - My child is playing computer games or on social media instead of working
 - Link: Apple support page
 - Link: Android support page
- Helpful Resources [box with links]
 - Link: Motivating Children to Do Their Homework: Parent's Guide
 - Link: Supporting Families with PBIS at Home
 - Link: Using Rewards To Improve Behavior

Notes

❖ Page 3: How Do I Find Out What My Child Should Be Learning?

- To keep up with your child's school, you can... [bullet points]
- Stay in Contact with Your Child's Teacher or School
 - To find out what your school or district is doing, you can... [bullet points]
 - High School Seniors [box with bullets]
- Support Learning Opportunities Provided by the School
 - Encourage your child
 - Be there to help
 - Ask questions
 - Link: Conversation Starters for Discussing Teaching Approaches with Teachers
 - Help your child stay on track
 - Link: Module Page 2



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- Find or Create Learning Opportunities for Your Child
 - Keep in Mind
 - For Your Information
 - Pick one or two subjects
 - Find resources
 - Link: Wide Open School
 - Find out what the activity requires
 - Make sure your child... [bullet points]
 - Be sure your child can do the activity
 - Listen to your child
 - Link: Module Page 7
 - Embed learning opportunities into everyday activities

Notes

❖ Page 4: How Can I Support My Child In Reading?

- You *can* support your child's reading
 - Let your child choose what to read
 - Have your child read a little each day
 - Break reading time into smaller sections
 - Let your child listen to books
 - Think about reading options
 - Embed reading in everyday activities
- Supporting Learning at Home [box with links]
 - Link: Module Page 2
 - Link: Module Page 3
 - Link: Module Page 6
- Common challenges [drop-down menus with links]
 - My young child is just learning to read

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- Link: Tips for how to talk about a book with your child
- Link: Word play ideas
- My child is a slow reader and makes a lot of mistakes
- My child has trouble understanding what he reads
 - Link: Tips on the retelling a story strategy
 - Link: Information about partner reading
 - Link: Information about asking and answering questions
 - Link: Tips on identifying a story's main idea

Notes

❖ Page 5: How Can I Support My Child In Math?

- You *can* support your child's math learning
- Support Learning at Home [box with links]
 - Link: Module Page 2
 - Link: Module Page 3
 - Link: Module Page 6
- Tip
- Common challenges [drop-down menus with links]
 - My child doesn't like math, finds it hard, or refuses to do it
 - My young child is just learning to count
 - My young child is just learning shapes
 - My child has a hard time understanding basic math concepts
 - For Your Information
 - Link: Addition [video]
 - Link: Subtraction [video]
 - Link: Multiplication [video]
 - Link: Division [video]

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- Helpful Resources About Using Visual Representations [box with links]
 - Link: Using Visual Representations to Assist Elementary and Middle School Students Struggling with Math
 - Link: 7 Math Tools for Grade-Schoolers You Can Find at Home
- My child has a hard time remembering basic math facts
- My child complains that I'm not explaining math the way his or her teacher does
 - Link: Khan Academy
- Helpful Math Resources [box with links]
 - Link: Wide Open School
 - Link: Resources for grades PreK–5
 - Link: Resources for grades 6–12

Notes

❖ Page 6: How Can I Support My Child Socially and Emotionally?

- Adjusting to the “new normal” isn't easy
- There are things you can do [bullet points]
- Reduce Your Child's Stress
 - Keep In Mind
 - How can you tell whether your child stressed? [bullet points]
 - Common concerns [drop-down menus with links]
 - My child is concerned about COVID-19 and the health of our family
 - Link: Centers for Disease Control
 - Link: Talking to Your Child About COVID-19: Early Childhood
 - Link: Talking to Your Child About COVID-19: Preschool
 - Link: Talking to Your Child About COVID-19: Elementary
 - Link: Talking to Your Child About COVID-19: Middle School
 - Link: Talking to Your Child About COVID-19: High School

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- Link: Talking to Your Child About COVID-19: High School and College Seniors
- My child is worried and is not acting like him or herself
 - Link: Helping Children Cope with Emergencies
- Help Your Child Stay Connected to Friends and Family
 - For Your Information
 - Link: 4 Tips for Talking to Your Kids About Good Online Behavior
 - Your child can also connect with family and friends by... [bullet points]
 - Spend a few minutes of quality-time with your child
 - Allow your child to connect with family and friends
 - Link: Social Interaction While Social Distancing
 - Check to see if your child's teacher is hosting chats
 - Encourage your child to help others
- Encourage Your Child To Be Active and Have Fun
 - Schedule time for physical activity
 - Link: Module Page 2
 - Plan time for fun
 - Get outside
 - Tip
 - Helpful Resources [box with links]
 - Link: Wide Open School
 - Link: Resources for grades PreK–5
 - Link: Resources for grades 6–12
 - Link: 9 Indoor Activities for Hyperactive Kids

Notes

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❖ Page 7: What If My Child Has a Disability?

- You might have questions about how to support a child with a disability from home... [bullet points]
- Keep in Contact with Your Child's School
 - To do this... [bullet points]
 - For Your Information
 - Link: teletherapy [definition]
- Support Your Child's Individualized Learning Needs at Home
 - Things you can do [bullet points with links]
 - Link: Module Page 2
 - Link: Module Page 3
 - Link: Module Page 6
 - Keep In Mind
 - Check your child's IEP or 504 plan
 - Ask the teacher(s)
 - Ask your child
 - Common challenges [drop-down menus with links]
 - My child has difficulty staying focused
 - What Are Parents Saying? [box with link]
 - § Link: My 5 Parenting Rules for Letting Go and Getting Through the Coronavirus Crisis
 - My child doesn't read well
 - Link: text-to-speech [definition]
 - Link: Bookshare
 - For Your Information [box with links]
 - § Link: What Accessibility Settings On My Devices Can Help My Child With Special Needs?
 - § Link: Android Accessibility Overview
 - § Link: Apple Accessibility Support
 - § Link: Google Accessibility
 - § Link: Microsoft Word Accessibility
 - My child has difficulty understanding what she reads
 - For Your Information [box with link]
 - § Link: 7 Tips to Help Kids Understand What They Read
 - My child has trouble following directions
 - For Your Information [box with links]
 - § Link: Why Some Kids Have Trouble Following Directions
 - § Link: Slow Processing Speed: What You Need to Know
 - The instruction provided by the school is not accessible for my child

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- Link: Bookshare
- Link: National Center on Accessible Educational Materials
- Link: National Center on Deaf-Blindness
- Link: National Deaf Center on Postsecondary Outcomes
- Tip
- Helpful Resources [box with links]
 - Link: Center for Parent Information and Resources (CPIR)
 - Link: Center on Positive Behavioral Interventions and Supports (PBIS)
 - Link: 4 Resources to Support Students During the Pandemic
 - Link: Supporting Families With PBIS At Home
 - Link: National Center on Improving Literacy (NCIL)
 - Link: Understood
 - Link: Special Education and the Coronavirus: Legal FAQs About IEPs
 - Link: Coronavirus: Latest Updates and Tips
 - Link: U.S. Department of Education’s COVID-19 (“Coronavirus”) Information and Resources for Schools and School Personnel
 - Link: Questions and Answers on Providing Services to Children with Disabilities During the COVID-19 Outbreak
 - Link: Supplemental Fact Sheet Addressing the Risk of COVID-19 in Preschool, Elementary and Secondary Schools While Serving Children with Disabilities
 - Explanatory footnote

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❖ Page 8: References & Helpful Resources

- Suggested Module citation
- References
- Helpful Resources

❖ Page 9: Credits

- Suggested Module citation
- Content Experts
- Module Developers
- Module Production Team
- Media
- Expert Interviews

Wrap Up

- Summary of the module
- Interactive checklists

Notes

Assessment

- Interactive checklist
- Final word

Notes

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You Have Completed This Module

- Give Us Your Feedback
 - Link: [Module feedback survey form](#)