



Your Child's

*Mental Wellness*



# and **REMOTE LEARNING**

Attending school remotely is a new experience for all of us. That means that there will be some inevitable road bumps and curveballs for parents, teachers, and students to manage. And while it may feel like everything about learning has changed, what hasn't changed is the importance of relationships.

**Here are 4 tips to support your child's mental wellness and support a positive remote learning experiences.**

**TIP  
#1**

## **Help your child to understand that there will be challenges.**

Mastering new tech tools means working through some inevitable hiccups and frustrations. It's simply not realistic to expect everything to work like clockwork every single day. It's a good idea to come up with this plan ahead of time, as opposed to trying to brainstorm solutions in the moment when everyone's feeling stressed.

**TIP  
#2**

## **Remind your child that they aren't the only one finding this hard.**

You don't want your child to assume that everyone else in the class is finding this easy and that they are the only one who is struggling. Odds are that's simply not the case. Encourage your child to compare notes with some of their classmates and share some of your own experiences working through frustrating situations involving technology.

**TIP  
#3**

## **Recognize that there's no such thing as a one-size-fits-all approach to online learning.**

Not only does every child engage with learning in their own unique way. Teachers are having to develop a whole new set of skills in order to engage students in online learning. The situation is really challenging for everyone. Consider helping your child's teacher to get a sense of who your child is as a person. Knowing what types of topics, activities, and subjects are particularly interesting for your child may make it easier for the teacher to engage your child remotely.

**TIP  
#4**

## **Continue to prioritize your child's mental health.**

Learning can only happen when children feel safe and secure, so meeting your child's mental health needs is a powerful way of supporting their learning while also enhancing their overall quality of life. It's okay to make your child's mental health the priority as you continue to parent through a strange and uncertain time.

