

COPING WITH COVID-19

Teaching School Aged Children At Home

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“Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.” – Malcolm X

*“I am always ready to learn although I do not always like being taught.”
– Winston Churchill*

Caregivers have always played an important role in education. When home and school are partners, children learn more and are better behaved. In an effort to control the spread of COVID-19, school systems across the country have sent their children home to learn. The roles have flipped with caregivers taking on the primary job of education and schools giving support however they can.

THE NEW ABNORMAL

Whether they are thrilled for the change or anxious about the impact on the future, these are strange times for school aged children. Likewise, parents are also adjusting to the new schedule and new responsibilities.

Having a family meeting to talk about the changes may ease some anxiety. Younger school aged children may need an explanation about why things



have changed and reassurance that adults are doing everything they can to keep them safe and help them learn. Older children have a better understanding about COVID -19 but may have heard some incorrect information. They also may be anxious about how the changes will impact their future education. All children will need comforted if they are missing events they’ve looked forward to; field trips, prom, and graduation for example. Give children a chance to ask questions and talk about their feelings. Let them know that the changes are important for their safety and that you’ll keep them updated on any new information.

“SCHOOL” LEARNING



While it may be tempting to let your child watch TV or play a video game all day, there are many ways that you can keep them learning. Set a schedule that is similar to a regular

school day. Knowing what to expect offers kids comfort and consistency takes some of the fight out of completing tasks. Post a schedule in a place everyone can see. Include a time to start and end the “school” day. Make sure to include times for breaks, snacks, and lunch.

School systems are offering different support to make sure children aren’t falling behind. Some schools are sending out packets of learning material. There are also recommendations by grade level for shows and tutorials on PBS or government channels on television. If you have internet access, there are online videos, tutorials, and free access websites. Check with your school to see what they recommend for different grade levels.

FINAL THOUGHTS

This is a difficult time for all members of the family. Consistency can help manage anxiety, reduce disagreements and allow all family members to get their jobs done. There will be wonderful days and more difficult days. The important thing is to come together as a family and support each other. Be kind, patient and understanding; while forgiving each other’s imperfections. As a caregiver, don’t forget to ask for help and get the support you need. Take time to recharge yourself so you can be there for your family.

OUTSIDE OF “SCHOOL” LEARNING

Don’t forget that children can learn from engaging in real life activities. If they are studying cities, states, or countries in school, let them plan a fantasy vacation to that location by doing online research. Cooking is a great way to work in younger children’s math concepts. Have them double a recipe to practice fractions. Teach your child a new sport. Woodworking is a fun way for older children to plan a project, make a model and scale it to a larger size. Don’t forget about life skills. This is a great opportunity to increase children’s independence. Teach them how to maintain a home, repair clothing, and balance a checkbook. One day they will have their own home to care for.

FAMILY TIME

These are years that build your relationship and create great memories! Enforcing learning may put stress on family relationships. Creating some pure fun time keeps those connections strong. Let weekends be weekends. Have your child plan a day of games. Respect boundaries when family members need some alone time but remember to have fun, too!



For General Health Information: [cdc.gov](https://www.cdc.gov)
TN COVID-19 Information: <https://www.tn.gov/health/cedep/ncov.html>
TN Mental Health Hotline: 1-855-274-7471
TN Addiction and Recovery Hotline: 1-800-889-9789

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