

# Managing Your Child's Online Learning During the Pandemic, Part 2

In “Managing Your Child’s Online Learning During the Pandemic: Part 1”, we discussed the challenges your young child may be facing due to their altered learning environments. However, it is just as important to recognize the challenges that you, the parent, are facing. Many parents who once relied on schools and daycare to support and educate their child during the day, now find themselves responsible for monitoring their child’s learning. Some parents may have flexible jobs that allow working from home; others jobs may not, and you might be in a situation where you need to take time off in order to care for your child. Or perhaps you are a stay-at-home parent, but still feel out of your element with new responsibilities of overseeing learning. Regardless of the situation, the pandemic has undoubtedly created new challenges for parents.

## Challenges for parents

### Balancing work and child education

The pandemic has upturned many routines and schedules, and you might find yourself struggling to manage both working at home and overseeing the education of your child. In fact, the balance of work and online learning for kids is disproportionately difficult for parents of young children, an April 2019 study by Canvas found. Here are some suggestions on way to help adjust:



- *Schedule a midday nap*

With more flexibility in online learning, consider establishing a daily midday nap, or rest time, for your young child. This would not only give your child’s mind a break, it will also grant you a consistent period of uninterrupted work or break time.

**now what? Keep Going.**

# Managing Your Child's Online Learning During the Pandemic, Part 2

- *Coordinate with your partner*

If your partner is also working from home, try to alternate times in which one is solely working and the other is keeping an eye on your child. Make a schedule that best accommodates both your work schedules and commitments, such as meetings or presentations.

## Feeling Overwhelmed

Without in-person school, you now are in charge of your child's education and learning. However you did not plan to be your child's substitute teacher, and you may be feeling unsure and unprepared to support all of your child's education needs. Here are some suggestions on who to turn to for help:

- *Connect with teachers at school*

Don't feel like you must know how to explain every topic and question to your child. Save some of your time (and sanity) and reach out to their teachers for help or guidance. Ask for additional materials on areas your child may be struggling, or for more thorough explanations on a specific assignment or a particular topic.

- *Hire a tutor*

If financially feasible, or available through your school district, consider hiring a tutor specializing in a subject or two in which your child particularly struggles. This will take some burden off of you and potentially create time to complete other work or have some time to yourself.

- *Seek support from family and friends*

Perhaps you have an older friend without children at home who has some free time, or your parents live close by, consider reaching out and asking for help. Even if they can only commit to an hour or two, they can provide new perspectives and take away some of the stress that comes with remote learning, all the while giving you some precious time to focus on other tasks or to simply take a much deserved break.

**now what? Keep Going.**

# Managing Your Child's Online Learning During the Pandemic, Part 2

## Feeling Isolated

Social distancing and limited opportunities to interact with others have likely gotten old, and you are at home constantly. You may be feeling disconnected. Here are some suggestions to help:

- *Stay in touch with family and friends*

Just as it is important that your child stays connected with friends, it is important for you too! Make sure to slice out time for calling friends and family, or even asking a friend to join you on your morning walk. Remember, there are people around you who you can vent to and laugh with - they are just a text or phone call away.

- *See a mental health specialist*

You have a lot on your plate, and you might be feeling overwhelmed, not knowing whom to talk to about your struggles or how to cope. Do not try to power through this alone. There is no shame in seeking out support and talking to a professional who can help you work through what you are experiencing.

- *Know that you are not alone!*

Countless other parents are facing many of the same challenges as you. While no situation is exactly the same, just know you are not alone in your struggles. You will get through this and having a support network and a plan of action will help!

now what? | **KEEP GOING.**

Originally posted on the Now What? Blog on 10.9.20 The Now What? Blog served for nearly 7 years to

1. Normalize parents seeking support and help as a manner of child abuse prevention
2. Engage community in how they can work to prevent child abuse
3. Work to build resiliency in families through promotion of the 5 protective factors

Maybe you coach a baseball team or you help care for the neighbor kids from time to time. You are investing in the safety and security of the children in our community. Because it truly does take a village to raise our children, we want to offer the tools needed to bring awareness and education to preventing child abuse.

**now what? Keep Going.**