

“HIGH FIVE”

- a helpful guide for parents to support
Secondary 1-3 students during distance learning”



1. **Show them empathy.** Let your child know that you understand the situation they are in with distance learning. Give them a hug, tell them how you feel and give them time to understand and explain how they feel (with lessons via screen, with workload, not seeing their friends etc). Why not offering them a cup of tea, some sliced oranges or a shoulder massage during the long hours in front of the screen?
2. **Talk to your child** about the positive things they experience during distance learning as well as the things they find challenging. It is very important that we make space to talk about Covid-19 in both ways about the positive and the less positive things. They could experience emotions such as sadness, fear, anxiety or sorrow for the situation where they feel loss of friendship, finding themselves, academic issues etc. The positive things about Covid-19 could be more family time, no rush in the morning, get a snack during the day when you like it and so on. We need to talk about the rules and restrictions. How do we help each other the best way to follow the rules.
3. **Create structure for/with your child** – help them to build routines, make sure they have sufficient breaks, help them to change from school to free time and help them to structure their homework. Talk to them about the plan for the week and for the day. Ask them if there are things they need help to do. Make sure they get some fresh air during the day. If you are working from home, then you could have a daily walk with your child? The structure should also help them with checking into the school day and checking out again. Make sure

there is a transfer from morning routines into school day and from school day back to free time.

4. **Support your child's learning readiness** – with a good night's sleep, healthy breakfast, fresh air and a certain set area for schoolwork. Many children find it difficult to make their everyday school routine during distance learning. Support them to get their sleep and to eat healthy meals which is fuel for their body and brain. Guide them how to be ready to go online. Make sure they know the program of the day, that they have their books, pencils etc. and that they are dressed, brushed their hair and so on. That can take away some of the stress factors of the day.

5. **Relationships** – **ask your child about their relations** to teachers and peers, did they interact during their on-line classes? Did they talk to their classmates? Did anything happen during class that has caused your child to worry? Help your child to create safe meetings and hangout-dates. Give them the possibilities that follow the rules of the restrictions. Make sure you talk about your child's friendships. Be aware of the online and the social media's power concerning the relations in your child's life. Ask your child of the wellbeing for them self and others.