

# Kids are schooling at home. What now?

March 17 2020, by Rosanna Castro

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Due to the ongoing threat of COVID-19, more than 421 million children worldwide are out of school. While kids likely view this as a break, parents likely have concerns on how to manage their child's behavior and schoolwork at home. The FIU Center for Children and Families has some tips to navigate this period of social distancing.

1. Maintain a routine. Create a schedule of activities for the day and choose areas for activities that are relatively free of distractions.
2. Monitor and allow breaks. Allow your child to take breaks after they've completed an activity and use breaks as rewards. Use a timer to track your breaks so they don't extend too long and you stay on schedule.
3. Reward and Praise. Praise your child when they make an effort to do their work, "I really like how you sat down at the table all by yourself." Make sure you provide rewards.
4. Check in with the teacher. Teachers are working very hard to provide work for your [children](#) and they know a lot about using technology to provide instruction! Make sure you are aware of the curriculum your child's teacher has put together.
5. Problem-solve. Ensure rewards are motivating for your child and make realistic goals—meet your [child](#) where they are. Take one challenge at a time.
6. Connect and support. Connect with other parents through social media, calling and texting. Don't isolate yourself! Many parents are dealing with the same issues you are right now and can be a comfort and resource.

Families can obtain additional information and resources on the [Centers for Disease Control and Prevention website](#).

**More information:** For more information, see [ccf.fiu.edu/about/resources/index.html](https://ccf.fiu.edu/about/resources/index.html)

Provided by Florida International University

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