

The Balancing Act - Distance Learning

Distance learning is new for most parents or guardians. Juggling work and family life is tough as it is! Adding your child's school schedule on top makes it even harder. Here are some tips and resources to help you manage it all.

Free Internet

Companies like:

Charter- Spectrum
AT&T
Comcast
CenturyLink
and more...

are offering FREE and discount internet to eligible families. Check with your local internet provider.



Tip 1:

Know your school district's learning plan.

Each school district has a unique approved learning plan. All learning plans will have the key requirements for your student. Check out your school's website or Facebook page to learn more.

Tip 2:

Make sure your contact information is up to date with the school.

This is how your student's teacher and admin team will get you important information!

Tip 3:

Lean on your resources.

Many schools are offering free lunch, school supplies, laptops to students, and even Bridge Cards for assistance. Contact your school to see what is available in your area.

In many communities - simply call 2-1-1 for resources in your area.

Tips from a teacher



Homework Help

Does the idea of helping your student with math homework or spelling words give you nightmares? We get it - that's why you don't have to do it alone. States have tutoring hotlines to help your student or YOU with assignments.



MI- Call 2-1-1 or visit <https://www.mi211.org/> for local resources



IN - 1-877-45-STUDY, M-F 1pm-5pm to reach tutors from Indiana Retired Teachers Association



OH - Akron University <https://www.uakron.edu/education/homework/> or Toledo Students: Call 419-671-0001 M-TH 9a-7pm



IL- Call 2-1-1 or visit <https://www.illinois211.org/> for local resources

More Tips for Successful Home Learning



Set a Schedule

- Plan the family schedule the night before
- Encourage planned breaks.
- Need uninterrupted time for school or work? Create a signal or sign for the rest of the family.
 - Many families create "Stop and Go Signs" to minimize interruptions.

Focus on your mental health



- Ask for help if you need it.
- Call HelpNet - (800)969-6162
- FREE Blue Cross Virtual Therapy
- Visit: bcbsmonlinevisits.com
- coupon code: SCHUPBCBSM at checkout.

If possible, create separate workstations



- Keep your work area out of relaxing family areas
- When the work day is done - turn off your computer.

Online Safety



- Set "ground rules" for internet usage.
 - Encourage open conversations about internet safety.
- Here are some tips to get started.
- https://beinternetawesome.withgoogle.com/en_us/families