Some tips when your children are learning from home:

1. **You don't have to be the teacher**

   Your children's teachers put a lot of effort and energy into preparing resources for teaching. That is not your job. As a parent, you do not have to teach your child, you just have to remind them to do what their teachers are asking them to do, the same as usual.

2. **Install timed apps to stop children getting distracted by the internet during school hours**

   My children install these themselves if they get easily distracted. They can block sites like Facebook and Reddit during their learning hours so they don't get distracted, they can use the sites at other times.

3. **Differentiate between study time and relaxing time**

   If it would be recess or lunchtime at school, get them to take a break and do something away from the computer for a while.

4. **Remind your children to take a break**

   It is easy to get up and sit in front of a computer for 8 hours without moving. Remember that at school, the children move between classes and have lunch and recess, this is important for the children health and learning.

5. **Everyone learns at different paces**

   Some children will need to spend more time on their schoolwork that usual because online learning is hard for them, some children will need to spend less time because they are able to get on and work at their own pace without the distractions of the classroom.

6. **If your child is having difficulties, remind them to ask questions of their teachers**

   In a classroom, the teacher can see if a child is stuck or having difficulty understanding a concept. In an online situation, the teacher doesn't get that feedback, so it is important for the child to ask. If you see your child is having problems, maybe offer to ask the question for them if they are reluctant to do so.

7. **Try and stick to the normal routine**

   Get up at the normal time and have breakfast as usual, it can help to pack lunch the night before if that is what you would usually do. Or turn lunch into a family meal where everyone takes a break.

8. **The school will contact you if your child isn't doing what they should**

   As a parent, seeing your child in front of a computer all day can be un-nerving. Especially if they usually use the computer just for playing games. It can be difficult to trust that your child can learn this way. After 4 years of being a parent of children learning via distance education I have learned to trust that they are learning as they should and that the teachers will contact me if things are not as they should be.

9. **A tip from my children:** Use the resources from the school, email teachers, attend the online lessons, ask questions, that is what the teachers are there for, they want the children to learn and they have the resources to help them.