

Preparing Parents for School at Home

Creating Structure and Routine To Manage Your Household during COVID19



Additional resources online at
Avantgardecenter.com

Southlake, TX: 817-707-6264
Humble, TX: 512-843-5536

This is new for all
of us...however
you feel about it is
ok!



Routines Matter!

- With everyone's daily structure disrupted by school closures and work-from-home mandates, keeping a daily routine is HARD.
- However, a predictable routine is key in creating a sense of stability and calm in your home, especially for kids with executive functioning challenges.



Executive Functioning challenges?



Some conditions
that can impact
executive function
skills ...

- **ADHD**
- **Anxiety**
- **Depression**
- **Autism**



Morning sets the tone for the day

- The good news about morning routines is that some things don't have to change just because nobody's going anywhere...keep doing the regular stuff as if you were.
 - Get up at the same time you normally would
 - Get dressed!
 - Eat breakfast
 - Start school/work at an agreed upon time, and keep it the same every day

Designate areas in
your house for
specific activities

- "School" (and "work") should be located in a specific place – ideally somewhere with minimal distraction and a defined work space.
- Different spaces will work well for different kids (and adults). (dining room tables, bedroom desks, home offices, etc.)



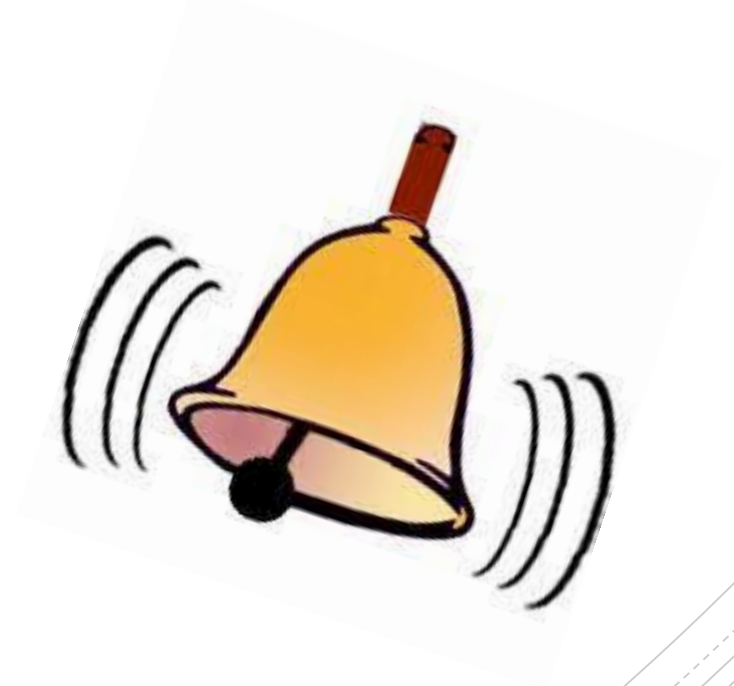
Set time
parameters for
specific activities

- Make time tangible as much as you can – keep a clock in view or set a timer for “school time”
- Discuss with your kid what they will accomplish during the time allotted, and help them make a plan
- For young kids, make sure they have access to whatever supplies they need to complete an assignment during the designated time



Getting Started

- What time does "school" start in your house? - Agree in advance!
- Initiation – what will cue the start of the day?



Don't forget to
take breaks!

- For kids doing school at home, breaks are essential. But again, keep structure in place.
- Breaks should be scheduled for a pre-determined amount of time with the intent to return to school



Don't forget to
take breaks!

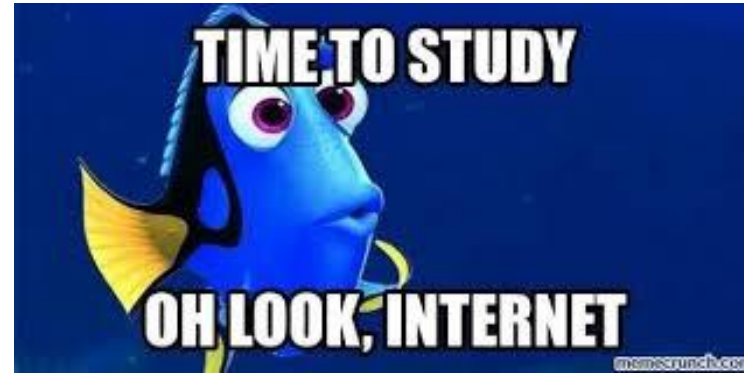
For older kids who have difficulty focusing, a sample schedule may look like this:

- 9-9:10 plan and set up morning schoolwork
- 9:10-9:30 work (20 min)
- 9:30-9:35 stretch break (5)
- 9:35-9:55 work (20 min)
- 9:55-10:00 stretch break (5)
- 10:00-10:20 work (20 min)
- 10:20-10:25 stretch break (5)
- 10:25-10:45 work (20 min)
- 10:45-11:15 longer break (30)
- Repeat 1 hour block and then break for lunch

Don't forget to
take breaks!

- Younger kids may need a little longer movement breaks than older kids – this is to be expected!
- For younger kids, breaks should be physically active
- Sample:
 - 9-9:10 plan and set up morning schoolwork
 - 9:10-9:30 work (20 min)
 - 9:30-9:40 stretch break (10)
 - 9:40-10:00 work (20 min)
 - 10:00-10:30 longer stretch break (30)
 - 10:30-10:50 work (20 min)
 - 10:50-11:00 stretch break (10)
 - 11:00-11:20 work (20 min)
 - 11:20-11:30 stretch break (10)
 - 11:30-11:50 work (20 min)
 - Lunch break

Avoiding Distractions



- TV off (no one watching tv in school/work area)
- Cell phones, smart devices, games, toys...
- Create a play space for younger kids during work/school time

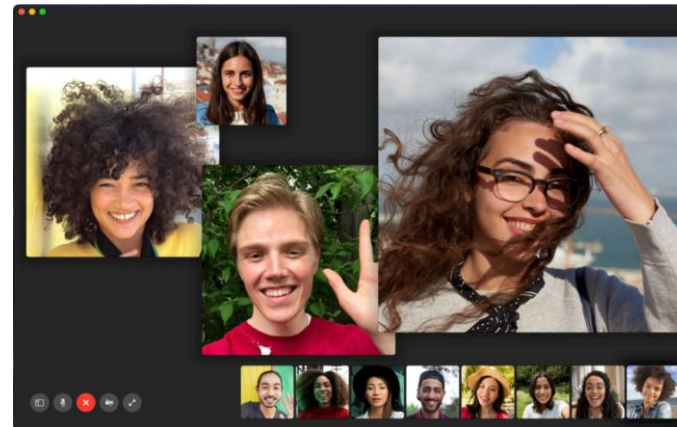


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Stay Connected

- Keeping connections to the outside world and those close to your family are important for maintaining motivation and minimizing stress. Use your resources!
- Make sure your kids are checking in with teachers via email, classwork portals, etc. on a regular basis
- Allow your kids social time on a daily basis, through FaceTime or video chat with friends when possible...virtual play dates are an option!



Nature is your
friend

Social distancing doesn't mean you can't go outside!



A decorative background featuring several curved lines in shades of gray, some solid and some dashed, sweeping across the top and bottom of the page. A prominent green speech bubble is positioned on the left side, containing the text 'Give Yourself some grace'.

Give Yourself some grace

- We're all doing the best we can in uncharted territory. If your new coworkers are having difficulty following your best laid plans... Do what works for you!
- Keep in mind that your kid's teachers are professionals. If you are not on that level overnight, that's ok.

Embrace Flexibility

- Provide structure, but be willing to compromise
- Listen to suggestions, taking everyone into consideration
- There are a lot of different ways this can work!



Opportunities

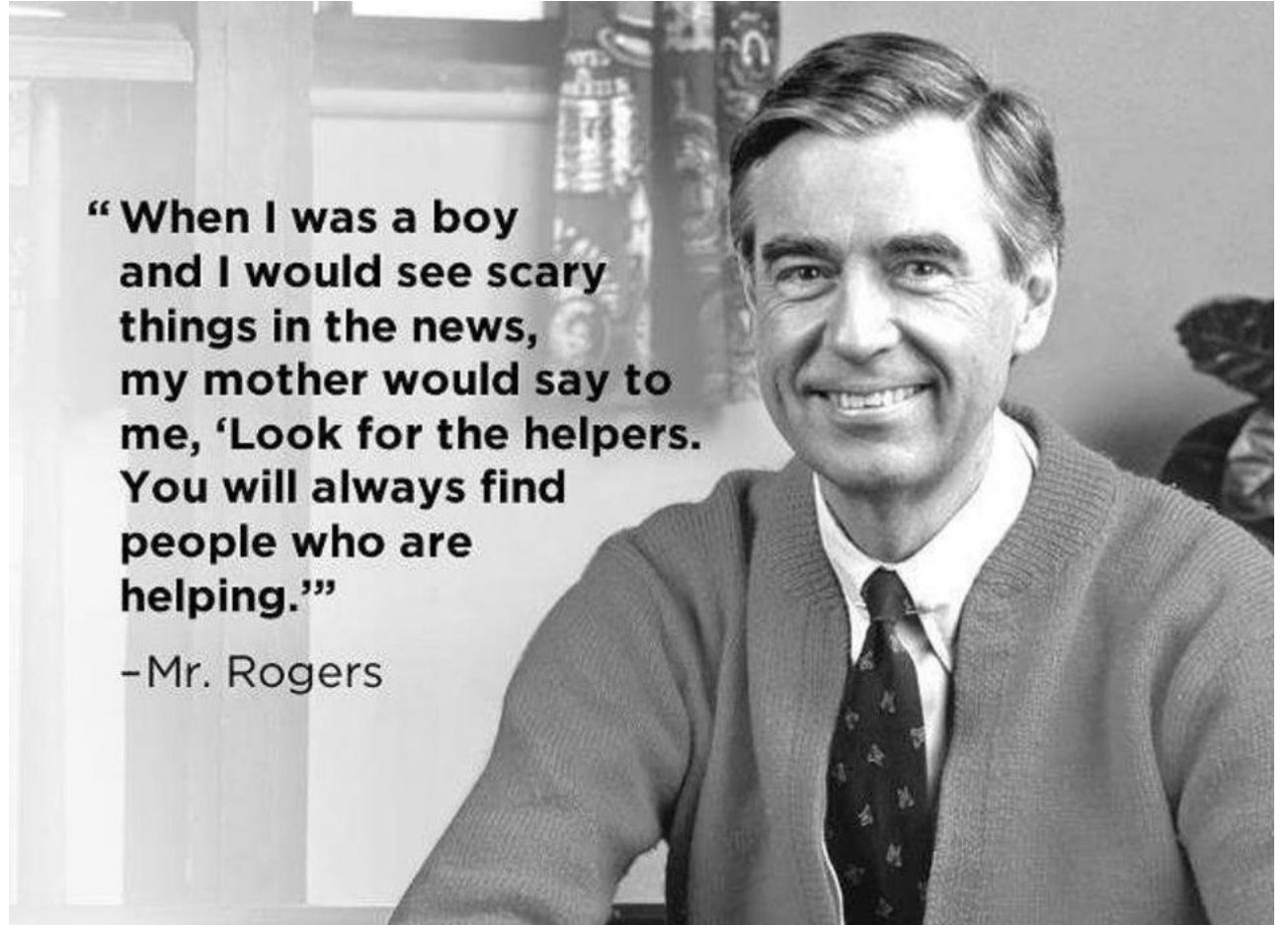
Being home and in extended close contact with all family members presents unique opportunities for learning that are worth taking advantage of, even if they don't match school curriculum...

- Chores and household responsibilities
- Family Discussions and activities
- Problem Solving and Sharing
- Conflict resolution
- Practicing patience
- Try something new

Talk to your kids
about what's
going on

**“When I was a boy
and I would see scary
things in the news,
my mother would say to
me, ‘Look for the helpers.
You will always find
people who are
helping.’”**

-Mr. Rogers



If you are formally
working at home
also...

**Things are not normal for anyone right now. To ease
the pressure on yourself...stop trying to pretend like
they are.**



If you are formally
working at home
also...

- You can reduce your own anxiety and manage expectations of your workplace better by being open about what your home circumstances are.
- Identify obligations that are the least flexible for everyone and structure the rest around that.
- Leverage time with a “special” toy or screen time for young kids for the times that you can’t be interrupted.
- When you work and parent in the same space without clear boundaries, its easy to feel like you’re not doing a good job of either. Setting clear boundaries on your work space/time v. your home space/time will help.
- If there are 2 adults in your home...tag team! If you are the only adult, be intentional about setting up a structure that works for you

Don't forget to
take care of you

As a parent, managing your own anxiety, stress, and physical health is a critical part of how equipped you are to support your children. Take care of you!

- Focus on what is in your control
 - Are you following guidelines as much as possible?
 - Are you maintaining your own exercise/diet/sleep?
 - Are you monitoring where your news is coming from?
- Perspective is Everything



Things to keep in mind when you feel like
you're going to lose it 😊

- 1. This is temporary.
- 2. Your best is all you can do.
- 3. This is not a time for judgment or self-criticism.
- 4. We'll get through it together.

Additional
Opportunities

Avant Garde Center is hosting

Virtual Study Hall

for students in middle school through college

New Sessions Start Every Monday

Sign up at: tinyurl.com/agstudyhall

*online counseling and individual coaching services

also available

