



# Lessons Learned From Virtual Learning During COVID-19

## Tips for Families From Families and Educators

### Establish Routines and Schedules

- Set loose schedules to provide predictability, prioritization of tasks, division of time/balance
- Write down schedules and share them with stakeholders (e.g., children, educators, therapists)
- Include wake/bedtime, exercise, school, chores, and free time

### Collect Data

- Collect data on behavior and individualized education program (IEP) goals
- Document successes and challenges
- Provide information on “out-of-the-box” teaching successes (e.g., science through cooking, math through laundry)
- Collect data in different ways, such as taking videos

### Communicate and Collaborate With Teachers

- Tell teachers what works and what doesn't work
- Talk about successes and challenges and adjust accordingly
- Engage in collaborative problem solving
- Don't be afraid to ask for help!



## Be Understanding and Forgiving Toward...

- Your children
- Yourself
- Professionals (especially those supporting their own children's schooling)

## Enlist Help and Resources from...

- Family members (e.g., spouse, siblings, grandparents)
- Teachers, paraprofessionals, therapists/counselors, administrators
- Other families and students
- Online resources, such as Khan Academy, PaTTAN, Scholastic...but don't get overwhelmed

## Continue High Expectations and Normalcy

- Advocate for best teaching practices (e.g., UDL, inclusive practices)
- Talk to your children's teachers about how to support learning of new content
- Presume competence in your child's ability to adapt and possibly thrive in a virtual environment
- Utilize supplemental online learning

## Establish a Workspace

- Select a student workspace that meets your child's needs (consider privacy, support, flexibility, seating, etc.)

- Sit with your back to a wall to prevent uninvited visitors while livestreaming
- Keep your microphone on mute unless you are speaking
- Communicate with your family if quiet is needed for a particular learning session

## Know Assignments and How to Submit Them

- Create calendars and to-do lists with assignments and due dates
- Use technology (e.g., guided access on iPad, videos, screenshots)
- Watch tutorials
- Find out early how each teacher prefers submission (e.g., through app, email, Google, Teams)
- Submit a "practice" assignment and contact the teacher to make sure it was received

## Support Your Children By...

- Giving them access to nondigital learning materials (e.g., paper, pencils, dry erase boards, art supplies)
- Providing lots of hugs and kisses
- Listening to their worries and frustrations
- Remembering that you are a parent first
- Asking for help when you need it

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# Commonwealth of Pennsylvania

Tom Wolf, Governor

