

4 Tips for Planning Your Child's Day

1

Make a quiet space

Give kids space to work without distractions. Turn off their phones, video games, the TV, and any other device that they do not need to get their school work done.

2

Make a schedule for each week day, and stick to it.

Kids do well at school when they know what to expect every day. Their teachers will likely have their learning schedule set, so that will help. Here's an example of a schedule you could follow:

Monday - Friday	
7:30 - 8:00am	Wake up, brush your teeth, change out of your pajamas
8:00 - 9:00am	Make and eat breakfast together, get set up on the computer
9:00 - 12:00pm	Classwork online
12:00 - 12:30pm	Make and eat lunch together.
12:30 - 1:00pm	Do something fun! Dance, draw, color, or something else! See the self care page for ideas.
1:00 - 3:00pm	Classwork online/ Independent work
2:00 - 3:00pm	Do something fun, get the whole family involved!

Sample
Schedule

3

Start with the schedule that the teacher creates and add things that work for your family

For example, give your child short 5 minute breaks throughout the day. This will help if you know that they have trouble staying focused. Ask them to do chores and help around the house after their school day is over.

4

Let your child help you create the schedule too

Right now, they may be feeling worried because so many things feel different. Letting them be a part of making the plan for their day can give them a sense of control.