



CATHOLIC SCHOOLS *in the*
ARCHDIOCESE of NEW YORK

Faith-Based. Future-Focused.

Office of Early Childhood Newsletter

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‘ROUTINES MATTER’

“When children know ahead of time what’s going to happen—and not happen—they can prepare themselves for what’s coming. They can think about it and get used to their feelings about it” Fred Rogers.

RESOURCES:

These Online Learning Tips Will Help Parents Prepare for a Successful School Year, Even if It’s Virtual. <https://bit.ly/3l6Lh49>

How to Support Your Child for a Very Different School Year.
<https://to.pbs.org/2SmZ9v2>

14 Low-Stress Tips for Virtual Learning Routines.
<https://to.pbs.org/36qYZed>

Resource/ Parents, here’s a printable list of virtual learning tips. <https://bit.ly/3cSUMBa>

37 Quick and Easy Brain Breaks for Kids
<https://bit.ly/2SmOIHD>

TIPS FOR CREATING ROUTINES FOR VIRTUAL LEARNING:

Find a schedule that works for you and your family
Have your child wake up at the same time each day and get dressed for the day. Keep mornings predictable. Review the schedule with your child each morning. List times for learning, exercise, meals, breaks.

Designate a learning space.. Set up a learning space that is free of distractions and noise. Also, Make sure the space has a good internet connection and devices are charged the night before.

Encourage physical activity and exercise.
Moving is vital to health, well-being and readiness to learn. For younger children, 20-30 minutes of a virtual class should be followed by 10 minutes of physical activity. It could even be just going up and down the stairs a few times between tasks. Allowing time for your child to exercise before he is expected to focus on learning might be helpful too.

Include ‘Brain Breaks’ in between learning. Brain breaks are designed to help children focus and attend. Brain breaks energize or relax. Brain breaks are quick structured breaks using physical movement, mindfulness exercises or sensory activities. Some examples are dancing, stretching, breathing, yoga, drawing and listening to music.

Provide opportunities for social interaction. Organize a virtual play date with a friend, classmate or group of peers. Meet up at a park and have a physically distant adventure.

Monitor how much time your child is spending on electronic devices outside of the school day.

Get to know your child’s teacher and check in frequently.



