



12 Tips

Supporting Families to
**Help Children Learn
and Develop at Home**
during the COVID-19 Crisis



Aga Khan Education Services



AGA KHAN FOUNDATION



1. Take Your Time

12 TIPS FOR SUPPORTING FAMILIES TO HELP CHILDREN LEARN AND DEVELOP AT HOME DURING COVID-19

- **As parents/caretakers, you know your children best; trust your instincts.**
- Take it slow, be patient, adopt a positive attitude - you are not alone!
- Prepare your homes for remote 'working' and 'learning' areas.
- Help children understand they will be learning in new ways for some time.



2. Progress Not Perfection

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- **Strive to do better today than you did yesterday.**
- Your best ideas just might not go as planned; that's okay, there is no roadmap
- Talk to your children and decide together how best to support their learning
- Your main responsibility is to keep your family healthy and safe at this time.



3. Accept a new pace of teaching and learning

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- **You do not need to become a fulltime teacher.**
- You do not need to cover an entire curriculum - learning at home is different to school
- Focus on helping your children to feel safe, loved, and comfortable.
- Focus on helping children engage in learning activities that they love and enjoy.



4. Create a daily routine as a family

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- **A daily routine should be a 'work-in-progress' that can always improve.**
- A daily routine should be flexible, but consistent over time to help children focus
- Becoming comfortable with a new daily routine can take a few weeks.
- Develop the daily routine with all family members to gain buy-in.



5. Be mindful of attention spans

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- **Give yourself time to support children during attentive learning.**
- Older children can focus on an activity for about 45 minutes to 1 hour.
- Younger children can engage in learning activities between 20-30 minutes.
- Build in quiet time for everybody – you need it too!



6. Get daily fresh air as a family

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- **Fresh air helps children (and parents) to de-stress, relax, and re-center.**
- Take short walks and play outside
- If you can't go out, open windows or doors to let the fresh air inside.
- Don't forget about the power of 'just taking a deep breath' when it gets tough.



7. Keep exercising as a family

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- **Physical movement is important to maintaining everyone's health.**
- Take at least 30 minutes a day to get some sort of exercise as a family.
- Don't be afraid to be creative with fitness routines. Your kids will love this time with you!
- Exercise will help you and your family members de-stress and remain positive.



8. Take time as parents for yourselves

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- **It is important for each parent to take time, daily, for themselves and relax.**
- Reach out to friends, talk to family, learn something new, do something you love.
- Consider starting or participating in virtual parenting social circles.
- Remember to eat and drink regularly; meals are very important for adults, too.



9. Limit screen time

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- **Maintaining social connections is so important and a great use of screen time!**
- Limit screen time - children should not be on their screens for most of the day.
- If children need the electronics for their schoolwork, allow it.
- Keep a watch on the content of the sites and social media channels children use.



10. Children are Learning All the Time

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- **Children are wired to keep learning new things, all the time, anywhere.**
- ‘Less is more’ when designing new learning activities for children.
- It’s important to encourage independence and self-motivation in your children too.
- Don’t be afraid to ask your children to learn how to teach you something new.



11. Talk about COVID-19

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- **It is important to keep talking to your children about COVID-19.**
- Give children space to tell you what they already know and what they've heard.
- Be honest and respond to children's questions - If you don't know that's okay
- Take a break from the news – build COVID -19 free time into your routine



12. Learning to be grateful for one another, together

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- **The greatest lesson of all is learning to be grateful for one another.**
- Help children reflect (draw, write, talk) about what they have/are grateful for
- Encourage children to do 'surprise small acts of kindness' for each family member.
- Think of 'small acts of kindness' you can give to your children as 'surprise moments'.



Thank you.

Be safe.
Be well.
Be together.



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