

TOP 10 TIPS for Distance Learning for Young Children



Children with disabilities and special health care needs may have a hard time with this new way of being at home all day without their usual teachers or peers. This new environment and way of life can get in the way of their developing personalities. After all, they are still trying to make sense of the world around them. Here are some things to think about while parenting, teaching, and just being around your young children along with a website if you'd like to read more.

- 1) Give yourself some praise, and a break. Our kids need us now more than ever. Try to stay calm, even though it is hard. [Vlog from The Maryland SEFEL Pyramid Model](#)
- 2) Talk to kids about feelings. Know that these feelings of anger, sadness, and confusion are common. [Read a book about Tucker Turtle](#)
- 3) Try to see things from your child's point of view. Doing an activity at home might not be fun anymore because maybe your child used to play it with a friend. Now, that same activity makes him feel sad. [Zero to Three Positive Parenting](#)
- 4) Know that all behavior is a way your child is trying to communicate with you. If a tantrum happens before lunch, could he be hungry? If she cries during the learning lesson, was the lesson too long? [Fostering Healthy Social and Emotional Development in Young Children](#)
- 5) Build a schedule. You don't need to fill every minute of every day. But, children can benefit from seeing what is next in a predictable environment. [Illinois Early Learning Project; Structure and Routines](#)
- 6) If your child has schoolwork to do, create a simple rewards chart so she can earn an activity she wants to do after she is done with the hard stuff. A reward can be stickers, edibles, or an extra story at bedtime. [Some examples of rewards charts](#)
- 7) Learning is everywhere. If you go outside for a drive, talk about the shapes of signs or count the number of red cars you see. [Illinois Early Learning; Math is Everywhere](#)
- 8) Read, read, read. Reading is so important. Read everything you see to your child, whether it's instructions on a recipe or the grocery ads in the newspapers. A love for the printed word is the best gift you can give. [NAEYC; Toddlers and Reading](#)
- 9) Play with your child. Make pretend, build a pillow fort, hunt for leaves and flowers outside! Take a little bit of time from your busy day to try and spend some special time with each child. [NAEYC; How Play Connects to Learning](#)
- 10) Connect with others. Whether it is with your parent, your friends, your relatives, your child's teacher, or your therapist, find a trusted adult to talk to. Talk about your successes and challenges; they might have some ideas! Or, join us for a conversation on Zoom on Tuesdays at 2pm. Copy and paste this link: <https://www.surveymonkey.com/r/CoffeeConvoTuesday>