

## Tips for Remote Working

# HOMESCHOOLING

As in-person classes continue to be suspended to prevent the spread of COVID-19, here are simple tips to help you and your children champion homeschooling.

### 1 GET TO KNOW YOUR KIDS

Before stressing yourself out over homeschooling, **sit down and have chat with your children about their online learning habits.** Some kids do very well independently while some may need extra help.



Once you have established an understanding of where your help is required, both you and the children can **set reasonable goals and expectations** for this homeschooling period.



Each child learns differently.

The change of environment can cause additional uneasiness and fear for the children.

Talk with the teachers to determine a learning plan that works best for your children.

### 2 CREATE A ROUTINE

Set up a schedule for your family to maintain a sense of normalcy. **Be flexible when you need to**, for example, if your six-year-old does not feel like doing maths today, opt out for a drawing exercise instead. **Check in with everyone** at the end of each day and adjust accordingly.

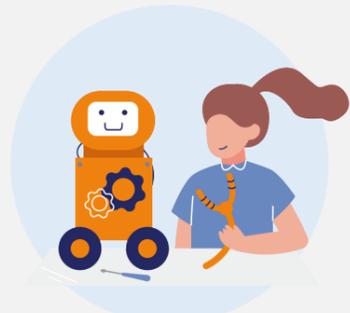


Set a dedicated study space to help your children focus.

Let your teams know about your home situations and mutually agree on a reasonable work schedule.



### 3 ENCOURAGE SIDE PROJECTS



Side project is a great way to keep your children engaged while learning something new and valuable. **Ask them what they want to learn** and include that to the curriculum. It can be a **life skill**, such as gardening or cooking, or a **social interest** such as climate change or community empowerment.

**Give your children the freedom to decide with their side projects.** Such unique learning experience not only gives them gain new knowledge, but also allows them discover their own passion and what they care about.



When your children do something they care about, you will not need to nudge them. This gives you extra time for yourself.

### 4 PRIORITISE QUALITY FAMILY TIME

Family time is an excellent opportunity to **connect with your children emotionally** and learn about their worries and fears, especially during this challenging time. **Set a time in your family's calendar for group activities** such as exercise and cooking.



Be mindful about how much time your children spend on their devices.

Encourage offline activities where possible.



### 5 BE KIND TO YOURSELF

There is no single solution that works for every family. It is completely okay if things don't work out as expected. It is an unusual time after all and **you already are doing your best.**

So be kind to yourself, **schedule "me time" each day to reward yourself.**



Reach out to the teachers or other parents for support. There are also many free online resources that can help you manage homeschooling.

Whatever you do, remember that you are not alone. Seek out for help when needed.



Remember to always practice safe distancing and hygiene measures to avoid spreading and contracting COVID-19 during this year end.