

# A Caregiver's Guide to At-Home Schooling



Your school district might be converting to distance learning, which may have you worried about how to create a school routine at home. Inova Children's Hospital has some useful tips, as well as a sample school schedule to help you get started.

## Tips for caregivers:

- **Routine is important!** It helps children and teens establish expectations, and feel more comfortable, safe and in control.
- **Consistency is key!** You can create consistency most easily with wake up/sleep times, as well as meal times.
- **Incorporate your child's feedback** into the schedule through appropriate choices for play time, creative time, quiet time, etc.
- **Be flexible** when creating a schedule. Expect some trial and error, especially at first.
- **Try to include exercise/outdoor activities** every day, as well as 1:1 time with your child. Use these opportunities to explore your child's coping skills and emotions.
- **Be kind to yourself.** Set reasonable expectations and be sure to take time to practice self-care.

**Creative time** is a great opportunity for your child to offer input on what to do.

**Cater times to your needs as well.** Let your child go outside alone, if appropriate. If you need your child to be inside, encourage quiet time, which can include an activity of choice.

**You can also include:** chore time, screen time, cleaning time, or whatever your child or family needs. Search online for other sample schedules to inspire you.

LAUREN'S SCHOOL SCHEDULE	
<b>MORNING</b>	
Wake up, morning routine	7:00
Breakfast	7:30
Academic time	8:30
Break for creative time	11:30
Lunch	12:00
<b>AFTERNOON</b>	
"Recess" or quiet time	1:00
Academic time	2:00
Outside or play time	4:00
Dinner	6:00
Nighttime routine	7:30
Reading and bed	8:00

For more information please visit [inovachildrens.org](https://www.inovachildrens.org)