

## Home support for your children's remote learning

All pupils are facing a unique time in their studies. Children and youth are now mainly studying remotely from home.

Contact teaching is being organized in some comprehensive schools for grades 1-3 and for children in pre-school programs. Contact teaching is also available for pupils who have received a special support decision and for pupils attending extended compulsory education as needed. Also, contact teaching for comprehensive school pupils in preparatory programs will be provided from 14.4.2020 onwards. However, all students have the right to study remotely if parents wish for them to stay at home. Remote learning from home is the first alternative recommended for all pupils.

Completing schoolwork and studying from home can be challenging. Schools are now working hard to make remote studying flow as smoothly as possible. This situation is new for everyone and it is important to trust that everyone involved is doing their best. Before long pupils will again go to school.

It is important that there is a routine for studying and doing school assignments in the home environment. Here is some advice on how to support children's remote learning from home.

- ✓ The school is still responsible for teaching. Not all parents have the possibility to support their children's studies, for example, due to inadequate Finnish/Swedish language skills. Teachers are available to answer questions and give help.
- ✓ If children do not have a computer available for use, they can keep in touch with their teacher by mobile phone. If there are none of these devices at home, let the school know.
- ✓ Acquaint yourself with the instructions that have come home from the school. Support your children in following the instructions and in keeping in touch with their teachers.
- ✓ Ensure that your children have the materials that they need to study.
- ✓ Discuss and plan a schedule of study with your children. Write down the schedule and use pictures as support if suitable. Place the schedule in a noticeable and central place.
- ✓ Choose a place with your children at home where they can concentrate on their schoolwork and where they have the necessary materials. This creates a safe feeling and a peaceful work environment.
- ✓ Consider how long your children can work. The amount of time children can work at home might be shorter than the time spent in class.
- ✓ Children may feel alone with their schoolwork. That is why it is good to encourage them to do their studies with other schoolmates remotely or with their siblings at home. Doing things together is more enjoyable!
- ✓ Reserve enough time to be outside. Moving and exercise and play are important parts of remote learning.

- ✓ Set clear rules regarding the amount of screen time allowed outside of schoolwork.
- ✓ Allow room for children's feelings and set appropriate goals for them. If children, for example, do not have enough energy at the end of the day for their last school assignments, they can do it later. Teachers will be able to help children catch up in something that might not have been covered during this period at home.
- ✓ Everyone at home is to respect the time set aside for children's schoolwork. The family has a joint responsibility to preserve children's peace of mind and a calm work environment.

If you have concerns about your children's learning or well-being, contact the school. If your concern is mainly about learning, contact your children's teacher. If you are concerned about your children's well-being, contact the school's psychologist or pupil welfare team.

This text has used ideas from Larum's pedagogical director, Fredika Nyqvist's, "Förbundet Hem Och Skolan" and the Finnish Parental Association's texts.