Some thoughts from a home school parent

GIVE THEM SOME CHOICES: Let your child choose what order they want to complete their subjects (if allowed). This way you’re shifting some of the choice to them, which they’ll appreciate.

TAKE BREAKS: Leave space for physical activity and count it as PE. Remember there are lots of breaks (albeit short) in a normal school day.

LIMIT DISTRACTIONS: Designate a room for school work that has limited distractions (no TV, no toys, just a desk or table and their school work).

PRACTICE WHAT YOU PREACH. If you’re asking your kids to do school work you should not be watching TV in another room or talking on the phone.

NOT FAIR! If you have multiple children make sure they’re all "working" on something educational so your older children don’t pull the equality card.

SET EXPECTATIONS "If you study for one hour, we can have a snack and take a 10 minute break" "If you get this subject done, you can do something of your choosing for 10 minutes." "If you wake up early, you’ll be done early. You’re in control of when your day starts”

THEY’RE CRAVING SOCIAL INTERACTION: Allow them to interact with their friends virtually. If they get stuck on something, have them reach out to a friend via text or facetime to ask for help. Ask fellow parents from your child’s school if they’d like to do a virtual hang out once a day at a set time.

YOU’RE A PARENT FIRST. Shifting from a parent/child relationship to a teacher-parent/child relationship can be tough. Depending on the age they will get confused about why your dynamic with them has shifted. Make sure you leave space to still be their parents and not just their teacher.