



Keeping the Peace While Homeschooling *Elementary School Age Children*

The actual schoolwork:

- Make a schedule. Your child's school might have provided you with a schedule. If not, try this: Go back and forth between school work and non-school activities. Include "individual" time when they can entertain themselves, "screen" time so you can get a break, and "chore" time so you get help around the house/yard. **WRITE OR PRINT THE SCHEDULE OUT SO CHILDREN CAN SEE IT.**

EXAMPLE:

8-8:30	BREAKFAST
8:30-9:30	School
9:30-10:30	Play/outdoor time and snack
10:30-11:30	School
11:30-12:30	Individual time (parents get a break) *Create a 'choice box' to pick from
12:30-1	LUNCH
1-2	School
2-3	Play/outdoor time and snack
3-4	Screen time (parents get a break)
4-5	House chores
5-6	DINNER

- The actual work probably adds up to about 2-3 hours/day. Most children are awake for 14 hours. Spread it out more if you need to.
- Find a special "learning" space for each child. Focus on one child at a time if you need to.
- Set a timer on your oven or phone and stick to it so kids know what to expect.
- If instructions are not clear or links do not work, set that work aside. Focus on what you can do. When you are feeling less overwhelmed, reach out to teachers/staff for help.
- The point of schooling is to learn and to enjoy learning, not to do things exactly right.

Your relationship with your child(ren):

- Your relationship with your child is more important than getting school work done or getting it perfect. If a certain assignment or day is hard, keep your focus on the relationship and let the work go.
- Ask your children for patience; you probably have no practice as a teacher. Let them know you are doing the best you can. Be honest with some of your feelings. Such as "I am not mad at you, and this is also hard for me."
- Schooling is meant to help children love to learn. If school work becomes a battle, focus on other ways for them to "learn" about the world, people, books, numbers, etc. If you can, document with pictures, notes to let your teachers know.
- Make learning fun! Bring adventure and learning into many of your day to day routines and chores.
- When you or your children are overwhelmed, take breaks. Separate, get a snack, get a drink, walk around. Set a timer for 5 or 10 minutes and come back together to continue the school work.

Supporting Children Emotionally:

Children may want 'control' in this new way of life. When possible, allow a few times each day they can have a 'choice.' Also, find a time that is quiet and calm, to ask your child open ended questions: *"How is all of this change making you feel?"; "Is there anything you are wondering about?"; "Is there anything I can do to help?"; "What is something that you are looking forward to?"*

OTHER TIPS: ****FIND TIME FOR YOURSELF **TAKE TURNS WITH A PARTNER IF YOU CAN**