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KEEP TALKING!

Give kids a trusted source for help and info

- **Ask & Listen:** “What do you like? What is hard? How is this working for you? How can you make this better?” Give support as they identify and solve problems.
- **Start a habit of regular conversations about how to refuse porn,** deal with cyberbullying and create healthy tech habits.

Tip! For help with crucial tech talks, check out **Brain Defense: Digital Safety** at ProtectYoungMinds.org/curriculum.

Exercise during breaks while distance learning

- **Exercise increases blood flow to the brain,** increasing kids’ ability to learn.

Tip! Try to schedule their hardest subject right after exercise.

- **Every 20-40 minutes,** have your child stretch, do jumping jacks, a few push-ups, run around the backyard, or anything to get their heart pumping.

Tip! Even short bursts of movement will help kids focus better to tackle distance learning!

KEEP ACTIVE!

2

Regularly check on your kids as they work

- **Devices + Bedroom = Risk.** If your kids need to be in their bedroom to do their schoolwork, keep the door open with the device screen facing the door.
- **Regularly walk into the room your student is studying in** if you can’t be in the same room with them.

Tip! Headphones or noise-canceling earbuds keep things quieter when kids are sharing study space.

- **Keep close by regularly texting, calling, or video chatting** if you aren’t able to be home with your older children.

Tip! Randomly and regularly check how kids are messaging each other. Discuss when and what type of messages are appropriate, especially during class time.

KEEP CLOSE!

3

Be kind to yourself and practice patience

- **Be willing to change up schedules** to improve learning. Perfection and pandemics don’t go together!

Tip! Random rewards for completing assignments can add a lot of motivation! Check out our Amazon store at amazon.com/shop/protectyoungminds.

KEEP TRYING!

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