



**These are unusual times so.....**

**First!**

**Take care of yourself!**

 **“Put on your own oxygen mask.”**

# In Difficult Times ...

- Children cope better when their parents are strong and resilient.
- We are doing the best we can. Avoid judging ourselves.
- We are receiving a lot of advice/support. This can be **overwhelming**.
- Think about what is realistic.
- What is realistic can change from hour to hour and day to day.



# It's Important to ...

## Sleep



## Eat



## Exercise



## Connect



- Pause and take time for yourself.
- Be gentle with yourself - try self positive talk.
- Reflect on what is important to you.
- Be committed to trying to find time for yourself.

# Relationships

- As parents, we have one important mission: to nurture a sense of security for our family and our children.
- When faced with uncertainty, children look for the adults around them for support, sense of safety and resilience
- All learning is based on relationships



# When are children learning?

School Boards and the Ministry of Education are sending material to support you.

These resources are meant to give you options for your child's learning.

But don't forget that new situations bring new learning.

Children are learning when:

- new routines are created
- they are involved in household tasks
- they are connecting with their own family members
- they relaxing with new or familiar objects in a different way
- they relax on their own
- they play with their family
- they are bored (all of us are bored at times)

# **Learning Happens!**

**School does not have to be re-created at home for learning to happen!**



# Organizing A Day At Home

- New routines can be challenging to create
- How do I make decisions about new routines?



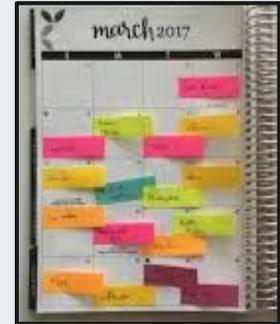
How many people are involved?



What spaces can I use?



What materials do I have?



How do I make decisions about time?

# Routines need to work for everyone

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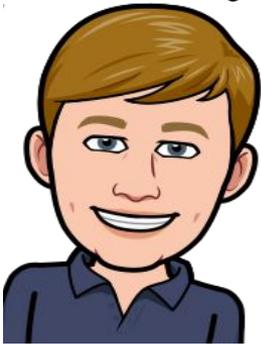
- Every family's routine will be different.
- Some families will follow routines that have already been in place.
- Other families will need to make new ones because they are sharing space.
- You know your family's needs best
- Each family's routines meets the unique needs of their family. Some families will have:
  - People working from home
  - People no longer working
  - A large number of people at home
  - Only one adult in the family
  - Multiple families living in the same home



Should I be letting my children sleep in?



How will I get my children outside?



My children won't sit to do school work. What do I do?



What else can I do with my children?

# How to think about time



## Family Time

- Time when groups of family members come together

## 1:1 Time

- Time when one member of the family needs our attention

## Self Occupying Time

- Time when family members can manage themselves (both daily routines and leisure time)

## 1:1 Time



(When do I have to engage my child?)

## Family Time



(When do I get them to share space/materials?)

## Things They Can Do by Themselves

(Don't need support from an adult)

(When can I leave them to occupy themselves?)



# Relationships Are Built When We Spend Time Together!

## 1:1 Time

- Relationships are built during routines.
- What time is available for 1:1 time?
- What activities are involved?
- Who in the household can support each other?

## Family Time

- What does everyone enjoy doing together?
- Are there small groups that enjoy the same thing?
- Who will be supporting other family members at this time?
- What areas are safe to use?

## Things They Can Do by Themselves

- What daily routines/tasks are the children able to do by themselves?
- What leisure/play activities are they willing to do independently?
- Which activities last the longest?
- Are they safe during this time?
- Use these activities to create time to complete other tasks (i.e., child is on the iPad in the kitchen with you while you are making dinner).



*Remember!*

# Things To Remember When Planning

- Plans will need to be adjusted as people become bored or as situations change.
- Routines should help reduce stress for family members.
- Create a routine that can be consistent with the family. Routines should not cause additional stress.
- Routines provide predictability, but they also allow for flexibility.
- Over time, routines can help children develop new skills.





## Link to Other Education Sites:

PDSB Online Learning Resources

Special Education Online  
Resources

Service and Support Links For  
Families



## Always Keep In Mind:

We determine what works best for us as a family on any given day.

Make use of what you have available and don't worry that your child is missing out if you don't have the latest technology.

Simple everyday items and activities offer great learning opportunities.

Establishing routines may be an ongoing process. Children change over time and so do situations. Remember that each day we will be making decisions about how to manage our own families.