

# Remote learning guidelines for parents and carers



## Follow your normal routine



Support your child to eat breakfast, brush their teeth and get dressed in the morning.

## Set up your workspace



Help your child set up a quiet space at a desk or table where they can work. If your child is using a computer, refer to the Learning environment checklist.

## Eating and drinking



Prepare snacks and meals outside of school hours so you and your child can grab ready-made food. Encourage your child to drink water throughout the day.

## Take breaks



Schedule in breaks for you and your child to grab a snack or do some stretches.

## Young children



If your child is young, don't feel pressured to re-create a 6-hour school day.

## Build in fun



Encourage your child to take some time to be creative. Draw, play with Legos or tune into the daily NSW Education livestream. For more ideas check out our list of activities for early learners and children in primary school.

## Online resources



Bookmark important pages like the Learning from Home hub where you'll find learning resources and packages to use with your child.

## Be flexible



Be flexible and work with your school during this challenging time. If you or your child are having trouble with a task, move onto something else.



For more information and learning resources for your child check out Learning from home.

[education.nsw.gov.au/parents-learning-at-home](https://education.nsw.gov.au/parents-learning-at-home)