

How to Use This Book

We want this guide to be as useful for you as possible. You might choose to read it from beginning to end; others might want to dip in and out of the sections that they're most interested in. The four sections provide information on different aspects of the distance learning experience.

We begin this resource focused on the basics. Household routines have been upended and finding balance has been a challenge due to external and internal stressors. We make recommendations for creating learning environments and routines. We provide ideas for supporting your child's engagement with the school and its teachers. And, importantly, we remind you to take care of yourself.

The second section focuses on what you can do to help your child learn. We share ideas that can help keep learning at the center and suggest ways to maximize the time that teachers are engaged with your child. We try very hard to provide information and ideas in ways that are not overwhelming for you or your child. After all, the teachers will be working to ensure that your child is learning. Select the ones that are tailored to your family and your child. These are organized as quick reference guides:

- ➔ **What is it?** A short definition of the concept
- ➔ **Why is it important?** A brief discussion of its role in learning
- ➔ **Why is it important in distance learning?** The value of this as a home support for distance learning
- ➔ **Take action:** Suggestions for ways to implement it
- ➔ **Key messages:** Short summary statements to capture the main points

The third part focuses on your child's well-being. Academics are important, but so is social and emotional development. We know that you are concerned about your child's socialization and social skills. And we know that every parent wants their child to develop productive, healthy relationships with others. These are organized similarly to the previous section and include some landmines to watch out for.

The final section of this resource focuses on the mindsets for your children and your family—mindframes that will serve them well long after the current crisis has ended. Each of these is a brief principle that serves you and your family well, along with key messages. Yes, your child will likely return to physical schooling. But the lessons we learn now should change the ways that schools work. The values, principles, and mindsets we share in this book extend well beyond the pandemic teaching that is currently necessary. They are ways of us working together to better the lives of children.

We thank you for your partnership. Together, we know we will get through this.