

### Educating Our Kids in a Pandemic

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As we begin October, still in the midst of the pandemic, parents, students, and teachers have continued to pivot. Entire school systems have become highly innovative in how to deliver instructions in the classroom and Zoom; some families are opting to take on home schooling. It's been a bit of a rollercoaster ride to figure some of this out, but it's all in the name of keeping people healthy. Since March, many teachers and parents have learned quite a bit about how to provide an appropriate school environment at home. They wanted to share what they've learned. Here are some of their ideas:

- 1) Identify a specific place in your home where school happens, but know that it's okay to change things up if needed.
- 2) Create a clutter-free area for your child to learn in - children seem to do better when things are organized.
- 3) Have a schedule. It helps create a routine and a feeling of normalcy, but it's okay to build in flexibility if your child needs it.
- 4) Consider using a white board so your children know tomorrow's schedule and can prepare.
- 5) If it's an online day, make sure your child attends and engages in the class.
- 6) Reach out to your child's teacher or other home-schooling parents if you have questions.

One final recommendation from both parents and teachers is to be patient with yourself. Even though we've been dealing with the pandemic for several months, everyone is still adjusting to the new normal. Be patient, stay connected to others as best you can, and know that your CHI CAP is here for you if you need.

To speak with a EAP counselor, please call (402) 398-5566 or (888) 847-4975.