

# Resources for Parents During COVID-19 School Closures

We know this is a challenging time for parents and families who have school-age kids. With schools closed, some for the remainder of the year, families are learning how to support students' distance learning and be co-partners with their teachers and school staff while also juggling work and other responsibilities. The American Federation of Teachers and AFL-CIO are partnering to provide union families with helpful lessons and tools for preK-12 kids now learning at home and coping with the coronavirus pandemic. Note: These resources are intended to be a supplement to what your child's teacher or school has already provided.

## Latest Information on the Coronavirus, and Staying Safe and Healthy

[www.aft.org/coronavirus](http://www.aft.org/coronavirus)

## Distance Learning Community for Educators and Families

[ShareMyLesson.com/coronavirus/remote](http://ShareMyLesson.com/coronavirus/remote)

## Coronavirus & Distance Learning Resources for Parents

[sharemylesson.com/coronavirus/parents](http://sharemylesson.com/coronavirus/parents)

## Supporting Students with Disabilities During the Pandemic

[sharemylesson.com/coronavirus/support-disabilities](http://sharemylesson.com/coronavirus/support-disabilities)

## Support for English Language Learners with Colorín Colorado

[colorincolorado.org](http://colorincolorado.org)

## Support Learning at Home with First Book

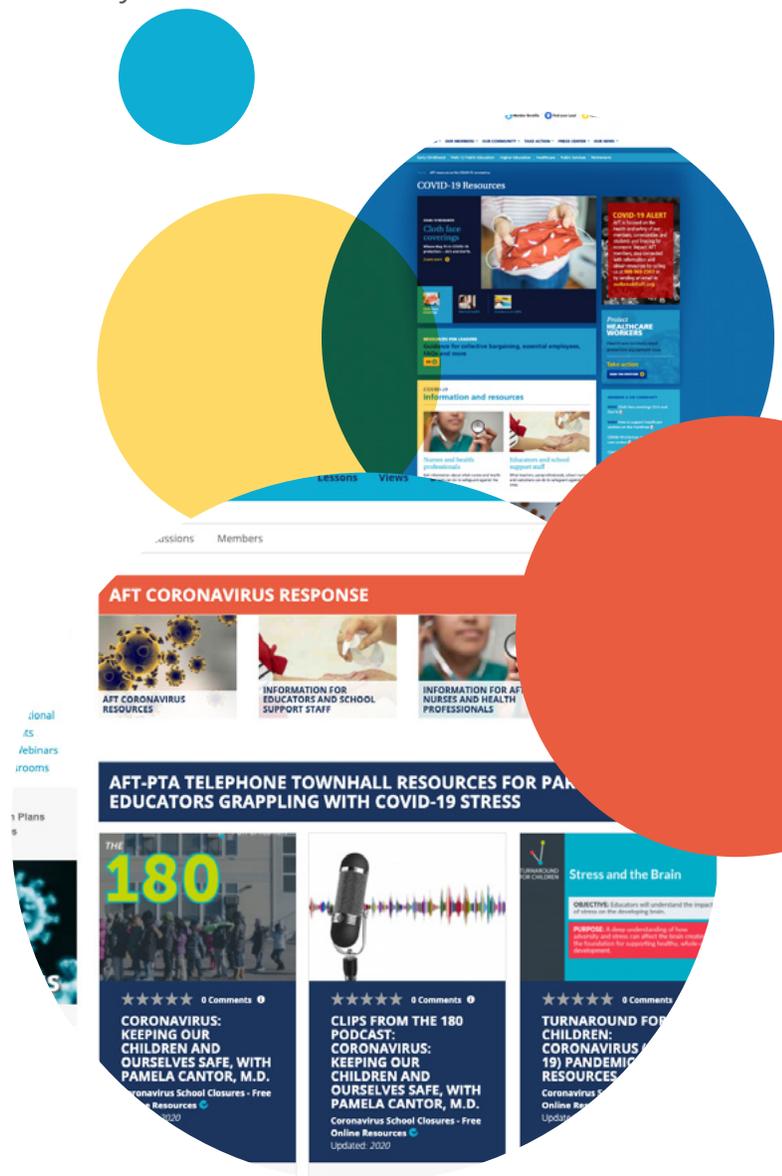
[fbmarketplace.org/athomelearning](http://fbmarketplace.org/athomelearning)

## Support for Students in Crisis via the Coalition to Support Grieving Students

[grievingstudents.org](http://grievingstudents.org)

## Join us on social

@AFTunion @AFLCIO @ShareMyLesson



## Helpful Reminders for Distance Learning

1. Set a routine for your kids, and if you're a working parent, consider blocking hours out of your work schedule that are focused on learning at home with your kids. In the new COVID-19 environment, the typical 9 a.m. to 5 p.m. job (and 7 a.m. to 3 p.m. school day) is no longer the norm.
2. Give your kids time to have breaks for fun, walks outside and playing games. Know that your teachers are there virtually now and will be there in person when the physical school reopens.
3. Create a learning space for your child. Allow a room, or small space in your home, if you can spare it, to be the room for learning. You can reclaim that space at a later date. Remember, you have no guests right now, so there's no need to worry about your dining room now becoming an at-home classroom. If space is cramped, designate a corner of a room to store and pull out school materials for easy school day setup.
4. Minimize distractions. Don't let the kids become distracted from their studies to play video games,

watch TV or go on social media. While we know you cannot get away from using devices—tablets and computers—right now for online learning programs and classes, be sure you know how to set up parent settings on each device and establish certain hours of access to the non-school distractions.

5. Reach out to your child's teacher for guidance or ideas to help remove learning barriers. The teacher knows your children and how they learn and misses your kids. Teachers want to hear from you.

—Adapted from *Understood's Distance Learning Tips*, blog post date March 17, 2020  
<https://u.org/2wnUGRp>

Remember during this time of the pandemic, practice social distancing, avoid gathering in groups, wear gloves and cloth face coverings when going out in public, avoid touching your face, and wash your hands with soap and water after being outside and before eating.

