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Pronouns she/her/hers  
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J.V. Fletcher Library's Young Adult Librarian Kate was homeschooled from Kindergarten to 10<sup>th</sup> grade. These tips are based on her experience as a student as well as years of reflection and discussion with her parents. Remember, Quarantine Schooling is not the same as Homeschooling. You are doing a great job in an unprecedented situation! Hopefully these tips will make it a little easier.

## **Kate's tips for doing schoolwork at home:**

### **1) Don't try to do every school subject every day.**

- a. If your kid has been reading all day and they still have math homework, resist the urge to make them switch gears. If they are practicing an instrument for longer than necessary, that's great!
- b. It can be hard to become immersed in something, especially outside of the usual context but once they have started a topic let your child's interest/attention span dictate how much time they spend on it. Some days you might ONLY do science. Some days you might ONLY read about history.
- c. Of course, if it's a fight to keep focused it's time for a break!

### **2) Do go outside every day.**

- a. Even if it's raining. Even if it's just for a 15-minute walk. Go out twice a day if you can. One of the positives about getting to make your own schedule is making time for fresh air!

### **3) Sleep is important.**

- a. A productive day doesn't always start in the morning! If we look for the opportunities in this crisis, one of them is the ability for students to work on a schedule that benefits them, rather than the schedule that must fit an entire school system coordinating buses/sports/childcare, etc.
- b. **For high school students:** I've been talking to teacher friends around the country who are reporting that students are submitting great online work between 9pm and 1am. Try to let older students find their own rhythm.

### **4) Parents and kids often have different priorities.**

- a. Adults often see a clean house as a prerequisite for good focus. "Clean" is a relative term.

### **5) You don't have to be an expert!**

- a. Just because you might be rusty at it, don't say you "hate math," or are "bad at science," or "haven't read a book in years."
- b. Even if they don't tell you, adults' attitude toward their own abilities has an impact on kids' perception of a subject.

**6) But you already are an expert!**

- a. One thing adults often forget is that we have to learn not just subject material but the steps to understanding and completing it. Looking things up *together*, making a schedule *together*, these are skills that kids might not even know to ask for your help with.

**7) You don't have to keep your kids busy or entertained every minute.**

- a. One of my most vivid memories from elementary school was "tricking" mom into avoiding school or chores. My brother and I knew the concept of "out of sight out of mind" and we could stay busy and quiet for a long time when the alternative was lessons. Little did we know that this was the time my mom used to work uninterrupted!