**Parents’ Guide to Digital Learning**



**The Six Ds for Digital Learning:**

1. **Double Check**
   * Visit school sites, teacher websites, and class portals for details and updates on assignments.
   * Ensure you have all required login and access codes.
   * Determine how to best communicate with teachers in case of questions
2. **Develop Daily Routine**
   * Create a daily schedule in advance and write it out.
   * Require your child to follow the same daily routines as in school (i.e. shower, brush teeth, get dressed, comb hair, make bed, etc.)
   * Consider using a timer or watch to track time spent on a specific subjects or assignments. (Students should spend at least 50 minutes per core class a day.)
   * If parents are required to be at work or offsite while kids are home, require them to check in periodically throughout the day.
   * Allow designated breaks for stretching, snacks, etc.
3. **Designate Space for Learning**
   * Create a space for learning in a common area where you can provide monitoring or support as needed.
   * Remove distractions (i.e. cell phones, television or other things that will distract learning).
   * Ensure your child/children has/have everything that is needed to succeed (technology, paper, pens, books, glasses, etc.)
4. **Dedicate Specific Down Time**
   * Schedule designated time for lunch and/or snacks.
   * If weather permits, schedule outdoor time for physical activity.
   * Allow specified time for social media, gaming. YouTube, or other digital fun (outside of educational games assigned by teachers).
   * Once specific learning time is done, allow kids to put all learning materials away and relax.
5. **Discuss Daily Progress & Accomplishments**
   * Have daily discussion with your child/children to track their progress and to openly discuss their emotional feelings during this time.
   * Provide encouragement and words of support.
   * Be intentional about checking in with your child/children periodically throughout the day to provide support and guidance.
   * If your child/children has/have questions you can't answer, reach out to their teacher or check out online tools and resources.
6. **Determine Rewards for Success**
   * Keep track of your child's/children weekly progress with a journal, chart or planner.
   * If possible, plan something fun (and free) at the end of the week that is contingent upon your child/children completing all their work.