

# CREATING A SAFE AND SUPPORTIVE LEARNING ENVIRONMENT AT HOME

WITH SO MANY CHILDREN NOW PARTICIPATING IN ONLINE OR DISTANCE LEARNING AT HOME DURING THE CORONAVIRUS PANDEMIC, THE RIGHT ENVIRONMENT CAN BE CRITICAL TO A STUDENT'S SUCCESS.

## 1

### SAFETY

- **Physical Safety:** Ensuring your children feel safe from germs when they're at home, but also not getting caught up in family conflicts.
- **Emotional Safety:** Worrying about failing, disappointing parents, or feeling embarrassed in an online learning community can detract from your child's academic success.
- **Psychological Safety:** Avoiding triggers for children with a history of trauma, who tend to be particularly sensitive and can become distressed easily.
- **Intellectual Safety:** Encouraging your children to think creatively as they solve problems.
- **Sense of Identity:** Providing an affirming environment and allowing children to develop their sense of identity both inside and outside the family, as a member of the community, a citizen of the world, and a learner.

## 2

### EMOTIONAL SUPPORT

- **Relax.** Remember that the most important thing you can do is support your child in feeling safe as they do their work.
- **Focus on your children's needs.** Since you first became a parent, you had the ability to understand your child's needs, even when they couldn't talk. This is still an important part of providing support, even as they grow older, and you still know what your child needs.
- **Know that you're not alone.** You may be feeling additional stress and pressure. Stressful events, like a pandemic, can exacerbate that. Tap into your networks and family for support.
- **Take time to breathe.** Practice meditation or spirituality. The more that you can remain calm, the more that you can sense the needs of your child, which can decrease the likelihood that your child will act out to provoke you.

Adapted from:



## FOR MORE RESOURCES:

[PREVENTIONWORKSCT.ORG/ATTENDANCE](https://preventionworksct.org/attendance)

