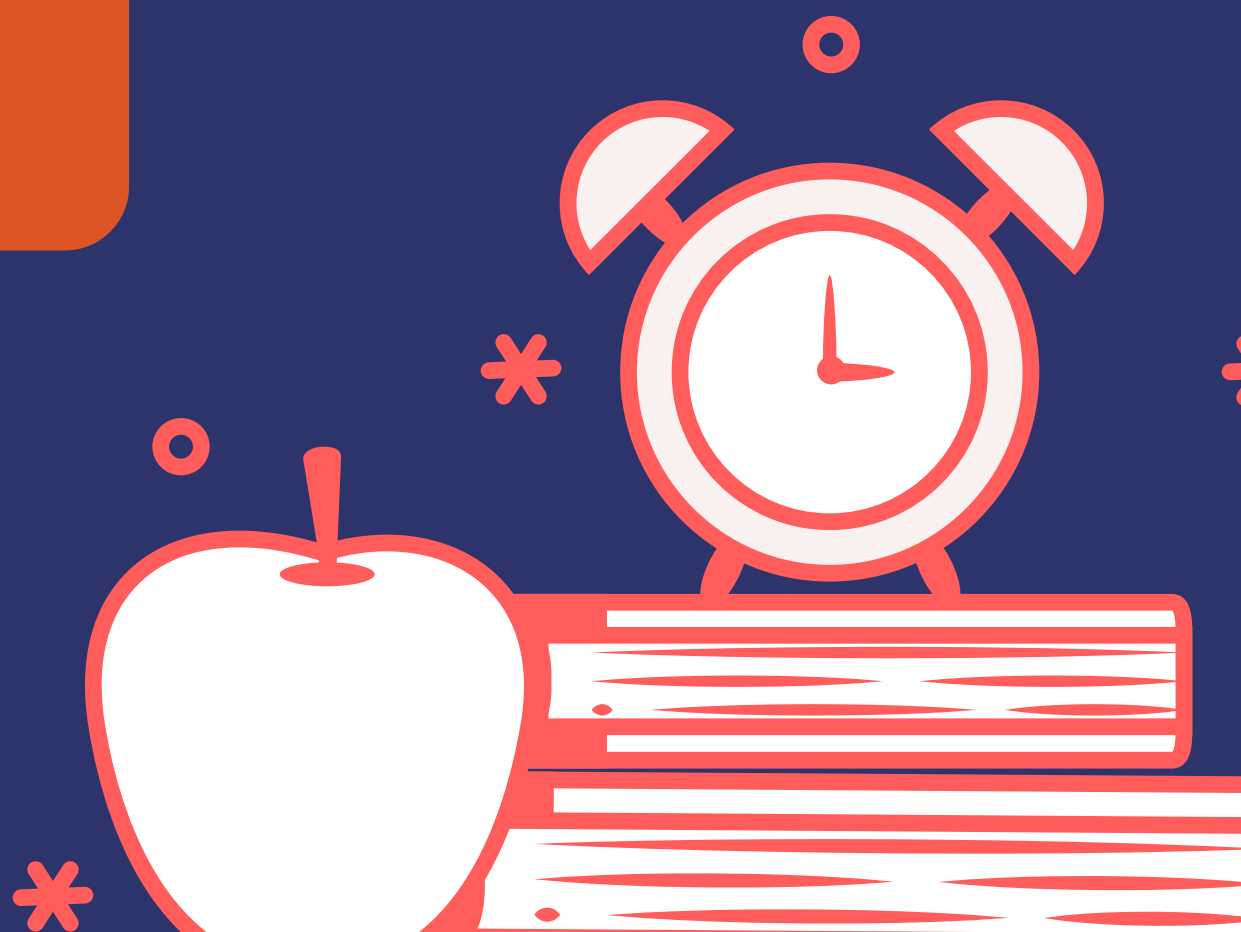
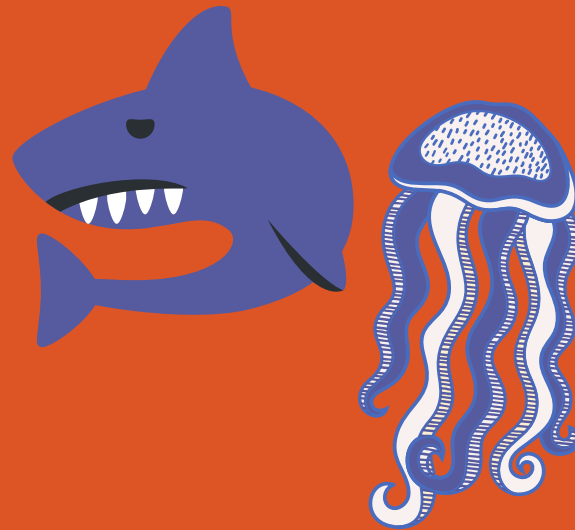




BACK TO SCHOOL

*in-class and remote
learning tips +
resources
for parents and
educators*





KILL THE SHARK & JELLYFISH.

Behavior science tells us that pushing & micromanaging (shark) are counterproductive. Also, guiding is better than no direction (jellyfish). Thus, take a few deep breaths, get centered as a calm, present, Dolphin communicator.



SHOW EMPATHY

Empathy is a powerful tool to connect with others as it activates powerful mirror neurons & releases the trust hormone oxytocin. Put yourself in their shoes & make a statement of empathy!



SET GOALS

Identify and express an understanding of your child's goals. We all need a reason to take a step or make a change. Defining personal reasons builds autonomy and sets up the brain to release dopamine.



SUPPORT SUCCESS

Create a positive support system by expressing optimism in success! If you can add a vision of success, you will activate serotonin.



OPEN COMMUNICATION

Create open communication with your child's teacher to learn what is expected of your child and of you. Build a workflow that works for your child and your family.



SET A SCHEDULE...

You may be following a lesson plan, but it's up to you and your child to set how you'll work with it. If you do have the flexibility, set up times for study and breaks at times that work with your child and family.



...**BUT BE FLEXIBLE**

Changes do happen. Don't be too hard on yourself or your child. Allow time to adjust, and provide opportunities for discussion, reflection, and teachable moments.



LEAN IN TO YOUR CHILD'S NATURAL INTERESTS

If your child is really engaged and self-driven on certain topics, schedule these topics during times where you can take a mental break or focus on other work.