

TIPS ON UNLEASHING A PARENT'S ALTER EGO - BEING A TEACHER

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Until this 2020 pandemic becomes just a fragment of history, modular and online learning seems to be the safest option for education. Through distance learning, we protect our children, teachers and family members from getting infected by the COVID-19 through staying at home and limiting physical contact.

However, this type of education system also means lesser interactions between the students and the teachers; more of the parents and their children. Since the students have to stay in their home, the duty of the parents/guardians has likewise expanded.

Many parents fret and whine about this system because of the added responsibility to them. Teaching is a learned skill and most of the parents do not have the luxury of time to fully guide and oversee their children. Still, there are ways on how we can deal with this. I enlisted several tips that I hope would somehow help parents manage online learning at home.

Accept the situation

One can only move forward if he accepts the fact that we are ought to live in this new normal setup. It is still uncertain for how long we will live in this way or if we are going to live with this system for long years. No matter what, we have to adapt and accept the situation.

Changes may be hard to deal with and it is okay to feel lost and grieve a little, but through time, we will see to it that we overcome this for we are born to survive.

Distance learning may not be easy for parents. However, it is not impossible and in life as long as it is possible, we can all make it through.

Ask for help

There is nothing wrong with seeking for help from other people. Educators learn and hone their teaching skills for at least four years in school and more years in practice. If there are topic/s which you find challenging to explain, communicate it with the teacher and ask for his or her help.

To avoid overburdening the teachers, you may also ask for the helping hands of other family members, relatives or friends.

Establish study routines and monitor daily progress

It will be practical to have schedules and develop study routines which the students should faithfully follow. Parents can likewise set goals and create a to-do list per day so they can easily check the progress of their children.

They may devote 2-3 hours per day focusing on their learning materials. Rewards may be given if they reach and accomplish these set goals.

Help children learn on their own

In this setup, the students have lesser interactions with their teachers. In effect, parents should encourage their children to be more resourceful and independent in learning the modules given to them.

Enjoy the bond

These times could be the best moment to bond with your children. It is an opportune moment to understand them, recognize their strengths and weaknesses and make memories together.

In these uncertain times where our own lives are in compromised, we should always make them feel loved and give them hope.

Play with them, tell them stories about you that could inspire them, watch good movies, eat and laugh together.

Encourage other activities including physical exercise

Aside from studying, we can also include doing household errands and physical exercise in the student's daily routine. In this way, they maintain an active body and so a lively mind.

Take the chance to discover new potentials and talents within your children by engaging them into arts and music.

Find a good spot in your home and Create Home Learning Spaces

Single out a good place inside your house where there are lesser distractions and where the student can concentrate on his studies.

Make home learning spaces conducive and pleasant. If possible, create home learning space near the window to get a natural lighting. Placing indoor plants, posting inspirational quotes or Bible verses and placing books, instead of unnecessary toys will be a big help.

Monitor on-screen time and manage cyber-security

The internet is a helpful tool for communication and learning, however, it can also post risks on your child's behaviour and sometimes, safety.

With this, it is vital that there should be limit on how long a child can stay browsing the internet. Most digital platforms offer a family filter feature which blocks inappropriate contents. This feature can be found on the privacy and security interface of each app or website, but if you can't find this setting, you may ask for tech people to assist you.

Expand you learning horizon

Expect to read, write and learn along with your children. Parents, it is time to exercise those brain muscles by going back to your old maths and sciences. After all, learning never stops.

Be patient and thankful

Obviously, you will need a lot of patience in dealing with your children. Keep in mind that you are doing this for your own son or daughter, not because you have to but because you love them and their safety is your main concern.

Although this pandemic is truly stressful and upsetting, we all have the power to come out stronger from this experience, and parents have a major role to play not only in keeping their children safe but also not to make learning halted until we revert to the normal education system we know. Life goes on as they say. This setback only proves that learning begins at home.

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