

Below are some tips taken from the Prevention Action Alliance (<https://preventionactionalliance.org/>) for parents experiencing homeschooling your child(ren) for the first time.

Know! Six R's for Less Stress Homeschooling

COVID-19 changed many families' summer plans, and now as school starts back in session, it appears the changes will continue. We are each faced with unique family circumstances. However, we are all in the same boat when it comes to the concern for how these changes will impact our children's academic success, mental health, physical well-being, and futures.

Here are some tips to keep in mind to help them achieve success academically, stay physically and mentally healthy, and move ahead with flexibility.

Six R's for less stress homeschooling:

Realistic Expectations: This is a key starting point. Set your standards high but be sure to give yourself and your children the capacity to make mistakes along the way. Don't strive for perfection, be too intense, or overschedule. Simply do your best as you step into this type of teaching role while encouraging your child to do the same.

Requirements: Be clear about what is required of your child weekly and daily. Check their ability to understand and complete the assignment. Depending on your individual child, your level of involvement will vary.

Rules and Routine: Create rules surrounding time for work and play. Many families find that it works best to get the schoolwork completed first, then have the rest of the day for play. It is up to you and your child to come up with a routine that fits best – then stick to it.

Relief: This comes in the form of self-care for you and for your child so that you can be in the best frame of mind to be helpful, and your child can be in the best frame of mind to continue learning. It's essential that everyone is getting enough sleep, eating well-balanced diets, getting exercise, and making time to relax.

Resources: Check first with your child's school to see what they have to offer, then go online as there are endless free resources to help with homeschooling.

Many of us got our first taste of homeschooling back in the spring when schools were shutting down across the nation. Depending on how that went for you and your child(ren), you may be feeling more or less stressed about beginning the new school year at home. You are encouraged to take it one day, one subject, one lesson at a time, and remember that we are all in this together and that this too shall pass.

Sources

[NBC, Today Show, Hoda and Jenna Interview with Michelle Borba Ed.D., Angela Braniff, Andrea Thorpe; Education - The Newest Chapter. Aug. 11, 2020.](#)

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