

Tips for Surviving Remote School

Passwords

"Write down every single website, user login, and password. Post these prominently, and take a picture to keep on your phone."

--Devorah in [Wired Magazine](#)

Movement is crucial

- Walk or go outside or dance before sitting down to work
- Stretch in between classes
- Hydration and snacks!
- Try: pushups, jumping jacks, running around the block

Troubleshoot Distractions

- Headphones can help
- Remove potential distractions in the environment (ours are legos, cats and smartphones)

Communicate with teachers

- Is an older sibling helping younger ones during school time?
- Has your child been stressed?
- Is there a time of day that's proving hard?
- Is there a conflict with timing between your work and something your child is expected to do?

Let the teacher know.

Self Care

- Sit in your car or somewhere private & call a friend
- Take a walk by yourself
- Jam to your pandemic anthem
- Let something go. Everything will be OK.

Remember

Your relationship with your kids is more important than being perfect at remote school.

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