



## TIPS FOR PARENTS & CAREGIVERS FOR TEEN'S REMOTE LEARNING

### Check in with your teen

1

Catch up with your son or daughter from time to time about their school work to make sure they're on track.

### Discuss your teen's workload

2

Regularly sit down with your child and go over their workload. Check in with them about what they have done for the day. Make sure they are managing.

### Help break workload into chunks

3

If your child is feeling overwhelmed by their work, help them to break tasks down into smaller chunks and stick to just what is required for today. This will help them feel up to date but not over-loaded.

### Offer support

4

Encourage your teen to ask for help when it is needed. If they are feeling stressed, or can't understand a lesson, ask your teen to write down what it is they do not understand and contact their teacher.

Encourage them to fix the problem before it becomes bigger.

### Praise effort

5

Remember to praise your son or daughter if they are working hard and recognise their efforts.