



You're Homeschooling.....Now What!?!

So, you never thought you'd be a Home-Schooling Parent. Thanks to COVID-19, you find yourself quarantined with your child, and you are now having to be parent AND teacher. Perhaps feel overwhelmed, frustrated, or even lost. Maybe you're asking yourself multiple "What if...." questions. "What if I can't do this?", "What if I don't know how to help?", "What if I can't figure it out?", or "What if my children don't do the work?"

Here are some ideas to keep you, and your children/students focused and calm:

1. **Keep a modified daily schedule** - routine is important!
2. **Keep in contact** with the teachers and school - check emails daily.
3. **Get-up and get dressed for the day** - granted, under quarantine, many of us are staying in our pajamas, sweat pants, or yoga pants; but getting dressed for the day helps to prepare you, and your child, mentally for the day's activities.
4. **Create a daily activity sheet** and have your kids help. Include a list of priority items which need to be turned in. (Including chores)
5. **Make time for play/physical activity** i.e. dance parties, go for a walk (but practice social distancing), and yoga.
6. **Eat healthy meals and snacks.**
7. **THIS IS IMPORTANT - Take a break from your studies.** You and your child can only work on homework for so long. You know it is time for a Study Break when: your child starts getting frustrated; they become emotional; or make excuses to get up from his or her study area.
8. **Create opportunities for learning** such as planning the next weeks meals, making grocery shopping list/menus; or, for older kids help budget for groceries.
9. **Make it fun** - take time to bake - That's a great time to practice adding and subtracting fractions! Bonus, snacks and dinner are taken care of!
10. **TAKE CARE OF YOURSELF!** - If you are not feeling well or motivated, neither will your child. So, do your daily routine, exercise, and make time for yourself.

11. **Take a Mental Health Day** - Sometimes you need rest to recharge in order to be ready for the next day.
12. **It's okay to not be perfect!** Get support from family and friends.
13. **Lastly, reach out for help** i.e. teachers, administrators, church leaders, and area community leaders. Here are some helpful contact and links.

Community Resources:

ADAMHS - (Montgomery County Alcohol, Drugs Addictions, and Mental Health Services)

Phone: 937-443-0416

Website: <https://www.mcadamhs.org/>

Children's Medical Center Behavioral Health Services

Website: <https://www.childrensdayton.org/patients-visitors/services/behavioral-health>

Crisis Care: 937-224-4646

24-hour help-line

Samaritan Behavioral Health

Phone: 937-734-8333

Website: <http://sbhihelp.org/>

Vandalia Butler City Schools

Morton Middle School: 937-415-6600

Website: <https://www.vbcasd.com/>

Vandalia Butler High School: 937-415-6300

Website: <https://www.vbcasd.com/>

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