

Successful Remote Learning with kids in the house

Even before remote learning, for some, it was a challenge to find the balance between life as a parent and life as a student. Although remote learning could add additional difficulty at times, we have complete confidence that you can do this. BFIT is here to help you strategize so you can be as successful as possible. To get you started, we've gathered some quick tips you may find helpful in your planning.

#1



Assess your resources for help with childcare (including your partner, older kids, and family).

If you're able to, arrange for others to watch the kids while you're in class or doing homework. If there's no one on-site or nearby that can help, consider who may be able to assist you virtually. Think of friends, aunts and uncles, or others you trust who may be able to have a virtual playdate with your child while you're busy with school. They can talk, read, play games, sing, and much more!

#2



Look into free and low-cost childcare opportunities

If no one has availability to help out, consider checking out [Sitters Without Borders](https://www.sitterswithoutborders.com/), a childcare program that provides free and low-cost care to low-income families. This program is currently offering virtual babysitting. You can find out more on their website:

<https://www.sitterswithoutborders.com/>

#3



Prioritize your schedule

If there are times that it is important for you not to be interrupted (like during class), schedule activities for your child that need less or no supervision that are sure to keep them entertained. You can also utilize naptime! While doing homework, it can be useful to split your time into smaller chunks. Try 30 or 50 mins working followed by a 10 min break to help kids with anything they can't do by themselves.

#4



Empower (age appropriate) children

To help reduce interruptions, allow children to make some decisions of their own (if they're old enough). Try pre-packaging some snacks they can grab without needing your help. You can also create a list of possible activities for them to do or make a spot where they have access to toys and activities they can do on their own.

#5



Communicate with professors

It can be helpful to let your professors know that you have kids at home and to let them know the plan you've made. If an emergency or some other kind of issue comes up, let them know so you can work on a plan to stay caught up with the class.

#6



Clearly communicate with partner and/or kids

It may also be helpful to talk with your partner and/or kids. Clearly communicate your needs and boundaries to your partner and work together on a clear action plan (who does what when). When talking with your kids, it can be helpful to explain why it's important for you to do well in school (having more money to do fun things together, being happier at a new job, etc). Be sure to set clear expectations/boundaries and reward them when they respect those.

#7



Be kind to yourself

It's important to find time to relax and treat yourself so you don't burn out—even if it's only 5 minutes. Last but not least, understand that, at first, your plan may not go as smoothly as you hope and that's okay. Be patient with yourself and the process, troubleshoot what didn't go right, implement necessary changes, and then try again.

You've got this!

#8



Ask for help when you need it

We recognize this is a really challenging time for our students. So know, you're not in this alone. Seek out assistance from your faculty and staff at BFIT, including your advisor, the Dean of Students, and the Office of Student Wellness and Support.

For questions and additional support, contact: **Emma Michalowski,**
Director of Student Wellness and Support

emichalowski@bfit.edu | 617-588-1302