

KooLKIDS Parent Tips

Children all learn and process information in different ways, and learning remotely can be an unusual and possibly stressful new experience for many children. The following set of Fact Sheets provide some evidence-informed strategies to help you and your child to promote their Wellbeing during remote learning. These tips are adapted from our successful social emotional learning program “KooLKIDS”.

For more information visit: <http://www.kool-kids.com.au/>

K KEEP IT SIMPLE!



Helping kids feel in control during an out-of-control moment can be tricky. There are many ways to guide children through tasks and avoid the stress that comes from feeling overwhelmed by keeping it simple.

I IT'S ABOUT ACCOMMODATION



Adapting and accepting the current situation for everyone is an important way to help your children and the whole family. It is important to adopt a family routine that accommodates everyone's needs. It is also vital for children's physical and mental wellbeing that they retain a sense of social connectedness. So some accommodations may be necessary to allow for this.

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Children's feelings of self-worth are influenced by how we communicate with them, so it is very important that they always feel loved and accepted, no matter what. Use positive reinforcement to encourage good behaviour by 'catching' your children doing something you want them to do, and rewarding it. Remember, rewards don't have to be material; recognising effort and attitude is an effective way to encourage behaviour you want to see repeated.

S SET CLEAR BOUNDARIES



Setting rules and boundaries not only saves your sanity but it also gives your children structure and helps them to feel secure in a world that can feel uncertain and scary. You are in the best position to teach your children to make good decisions and choices. Establishing some 'house guidelines' is an important and effective way to help your children learn these boundaries.