

# UNITED WE HELP GREATER FALL RIVER

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## Helpful hints for teens caring for younger siblings on remote-learning days

### With the help of your family adult/s

- Establish a set time schedule for daytime learning just like when you and your siblings went to school each day in person.
- Establish a separate, dedicated “school space” somewhere in your home for yourself, and one for each of your siblings, where remote classes will happen, ideally in separate rooms, but if not possible, then separate areas of the same room.
- See to it that each school space has what is needed to carry out schoolwork - Chromebook/ laptop/computer, pencils, pens, eraser, ruler, paper, notebooks, text books, workbooks, table/ desk/counter space etc.
- Come up with a plan for fun, non-screen, break activities such as story books, board games, activity/coloring books, simple art projects, physical activity, music. If at all possible, store those items in a space different from the school spaces.

### For you as a teen caregiver

- Have a conversation with your sibling/s explaining that you are there to help and support them while needing to carry out your own classwork as well.
- Stick to the schoolwork time schedule set by you and your family adult/s as best you can.
- Understand that an occasional break from schoolwork is needed for you all which may or may not coincide with a break set by teachers teaching remotely.
- Make use of the items stored in the break space for you and your siblings to get away from screens for a while.
- Use home lunch break time to “de-brief” your sibling/s on how it’s all going. Good for you all to have that social break. Also a good time to stretch out a bit using techniques learned from your physical education teachers.
- Be aware of the contact list of names and numbers your family adult/s created should you ever need immediate help.
- Have patience. Stay strong.

**YOU GOT THIS!**

Provided by a coalition of United We Help agencies and organizations  
in support of area schools

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## Helpful hints for family adults of teens caring for younger siblings on remote-learning days

**With input from your teen caregiver** (Working hand-in-hand with your teen to create the overall plan helps build their confidence as well as their sense of pride in knowing you respect the importance of their role.)

- Create a set time schedule for daytime learning just like when your children attended school in person.
- Establish a separate, dedicated “school space” somewhere in your home for each child where remote classes will happen, ideally in separate rooms, but if not possible, then in separate areas of the same room.
- See to it that each school space has what your children need to do their schoolwork - Chromebook/laptop/computer, pencils, pens, eraser, ruler, paper, notebooks, text books, workbooks, table/desk/counter space etc.
- Come up with a plan for fun, non-screen, break activities such as story books, board games, activity/coloring books, simple art projects. If at all possible, store items in a space different from school spaces.
- Determine an easy-to-prepare, preferably no-cook, home lunch menu for each day.

## **For you as the responsible family adult/s**

- Fill in personal contact names and numbers on the form provided, then post in a prominent place in your home. The refrigerator door is the perfect place to post it!
- Explain to your younger child/children that your teenager will be overseeing them while you are away and that the whole family needs to work together as a team to get through these challenging times. Assure them that you have faith and confidence in them all.
- Let your teen know your away-from-home schedule each day - Where you will be, how you can be reached, what time you expect to be home.
- Find time each day to check in with your teen by text/phone just to see how things are going. Be sure to indicate from your words and your tone that you are simply checking-in, not checking-up.
- Continue to let your teen know, each day, how proud you are of him/her for taking on this important role.
- Have patience and be tolerant. Be quick with praise, hesitant to criticize. Showing your teen you have faith in his/her abilities more often than not will help them rise to the occasion.

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