

• Have a regular communication channel with the school (counselor, teacher and other staff) to better monitor and help children in their progress.

• Try to create and maintain a routine for your children, particularly the younger ones with respect to all daily activities. This includes digital learning activities suggested by teachers and educational institutions as well.

• Consult with teacher, parents of other children and create simple yet effective learning plans by reflecting on following questions:

- What would the children learn this week?
- What digital resources, instructions and support children need to achieve the learning outcomes/lesson/unit?
- How will children receive these digital resources, instructions and support?
- How will I know that my children are learning?
- Ensure that your children use assistive aids (glasses, hearing aids, etc.) during online sessions.
- Do not force the child to sit continuously in front of the TV, laptop, mobile and never stress or pressurize the child to continuously do online activities when the child is not ready for it.