## Roles and Responsibilities: Parents and Guardians

## PARENT AND GUARDIAN ROLES AND RESPONSIBILITIES

Provide support for your child(ren) by:

- Establishing routines and expectations
- Defining a physical space for your child to study
- Monitoring communications from your child's teachers
- Beginning and ending each day with a check-in
- Taking an active role in helping your child process their learning
- Establishing times for quiet and reflection
- Encouraging physical activity and/or exercise
- Remaining mindful of your child's stress or worry
- Monitoring how much time your child spends online
- Keeping your child social while also setting rules for social media interactions

For questions about	Contact:
A course, assignment, posted resource	The relevant teacher
A technology-related problem or issue	Submit a ticket through Let's Talk at: <a href="https://www.pausd.org/explore-pausd/lets-talk">https://www.pausd.org/explore-pausd/lets-talk</a>
A personal, academic, or social-emotional concern	Your child's school counselor Your child's school psychologist for elementary students
Other issues related to online learning	Your child's teacher and/or principal/assistant principal
Issues with online bullying, inappropriate content or behavior	School administration