

SCHOOL CLOSURE ADVICE

Local schools are closed for 2-4 weeks. Many schools are planning on doing e-learning. Capital Area Pediatrics would like to provide you with some ideas on how parents can set this up for success:

- Designate one area as the “school” area, should be a desk/ table and chair.
- Have your child keep the same sleep and meal routine.
- Have your child get dressed for “school” every day.
- Have your child eat healthy, not just junk food. Have them participate in cooking— reading recipes and measuring ingredients are great!
- Have “recess” - get their energy out and a little vitamin D from the sun!
- Have quiet time for reading.
- Have “specials” like art projects.
- Encourage other creative “assignments.”
- Try to limit electronics to “after school” hours.

Specific ideas:

- Outdoor fun: Walk the dog, soccer, basketball, football, cornhole, bubbles, planting, biking, walks
- Indoor exercise: Yoga, jumping jacks, “obstacle course”, Just Dance, sit up/ push up challenge
- Redecorate: Paint rooms, spring cleaning
- Chores
- At home mani, pedi, facial
- Arts & Crafts – paper airplanes, make a comic, paint, draw, beading, craft kits
- Make cards for hospitalized patients or soldiers
- Bake
- Legos, board games, puzzles
- Reading
- Acting/ put on a play. Make a movie/ video. Make a digital photo album.
- Journal/ Blog
- FaceTime/ Skype with friends
- Old school movies with mom & dad