



Center for Cognitive and Behavioral Therapy and Central Ohio Primary Care:
Total Care through Co-Location®

Enhanced Behavioral Healthcare through Co-Location in Primary Care

Impact of Homeschooling During the Pandemic?

The continued educate from home approach could increase parents' stress levels, and children's reactions, much like it did in the Spring of 2020. These include difficulties with routines normally set-up by the school day, parental stress from being parent/employee/teacher, and children's stress related to less effective online approaches to teaching along with social isolation. As stress increases, family members often become less effective in their roles.

Parental Stress and Homeschooling?

Parents must balance the demands of several roles when things are normal. The balancing act becomes even more challenging when children must be students at home, and at the same time parents must be employees at home. The home loses its "come home" quality, taking on feelings of stress and never-ending work. The impact on parents can often be a loss of anywhere that's a safe place.

Childhood Stress and Homeschooling?

Children learn the early precursors to adult work routines through school. They learn to get up, perform hygiene habits, go to "work" school, be productive, create social skills with their peers, etc. Without returning to school, children learn these skills only through additional home-based structure and parental directions. Parents become a source of the stress for kids to self-control, a source that teachers were before the pandemic. Since the parent can't send the child home, children can vent the stress of self-control they feel at their "home-based teacher," their parent.

TIPS for Home Schooling 5 Days a Week?

Set-up "School" Routines: Regardless of the way in which instruction is delivered from the school (e.g., video instruction, live-streaming instruction), children will benefit if home has a separate routine for "school." Setting up a time to "report" to school and having a separate area for school will help create habits that reduce the need for potentially constant reminders to do schoolwork.

Establish a Separate School Area in the Home: Regardless of the size of your home, try to establish a specific area where the children study and watch school instruction on-line. Optimally, the area exists in a separate room, but if not, use a desk with a temporary study carol divider. A video on ccbtcolumbus' YouTube page reviews how to set up the divider. Keep all school "supplies" in the study area so that home becomes a different place than school.

Daily Report Cards for School Work: Children benefit from rewards when they do things not otherwise very motivating. Creating a daily report card with help. Across the top of the card, place "periods" of time, to mimic the school's periods. Down the left side, list out the subjects or school tasks for that day. Give stars for "attendance" and working on the tasks of that day. Always give one star for "showing up" and use up to five stars for super-great paying attention and time spent on schoolwork. Give the stars at the end of "each" period. When your children leave "school," go into a separate room and go over the report card and praise them for anything with two or more stars. Expecting to be rewarded for going to school helps children overcome the monotony of being home all the time.

Recess and Physical Education: Schedule physical activity for children along with a break in the morning and afternoon, as well as over lunch. Taking recess helps to establish the "school" nature of the day, and teaching specific physical skills (e.g., running, playing catch) helps keep children active and energetic.

Have a Teacher Outfit: One of the most concrete ways that children learn the difference between home and school is how adults dress. Teachers seldom dress like parents after-school. Many children require very concrete clues to differentiate a parent being a teacher vs being a parent only. Having a set of teacher clothes that are changed after "school" is over, helps children create the notion of school vs. home.

Teacher Inservice Days: If the school district has a day set-aside for teacher in-service training, parents should take that day off and plan something fun with the children. Structuring the outing just for fun can also foster a sense of taking the day off.

Resources and Referral

If these tips are not enough based on your family's needs, ask your pediatrician for a referral to CCBT. If you need help motivating your child more or deals with inattentiveness, ask for a referral to CCBT. The behavioral health providers at CCBT can help create more detailed plans than this form, and answer questions that are more than what's discussed here.