

Catapult Learning

PARENT AND FAMILY ENGAGEMENT WORKSHOPS

DURING COVID-19



VIRTUAL

Topics	Descriptions
Helping Your Child Stay Balanced	This workshop offers advice on ensuring that your child manages responsibilities while maintaining a primary focus on school, especially while learning remotely.
Keeping Your Child Motivated	This workshop offers practical advice on keeping your child motivated and engaged at home while they adapt to new ways of learning.
Setting the Stage for Learning	This workshop helps families develop ways to support their child's work and study skills; and tips for creating the most conducive at-home learning environment while learning remotely.
Screen Time and Educational Apps	This workshop offers realistic, research-supported guidance on setting limits for your child's screen time and provides the most up-to-date information and recommendations regarding educational apps that can be utilized for a variety of age ranges.
Learning Doesn't End at School	This workshop provides tips and strategies for families to effectively and realistically engage their children in learning activities outside of school.
Dealing with Setbacks as a Family	During this coronavirus pandemic, students across the country are having to adapt to new ways of learning and doing, which can be overwhelming. This workshop offers strategies to help families deal with the challenges students are facing right now and strategies to overcome them instead of being defined by them.
Dealing with Anxiety	The coronavirus pandemic is stressful for everyone, including parents and children. Fear and anxiety about a disease, especially one that is unknown, can be overwhelming and cause strong emotions in adults and children. How you cope with the stress and anxiety, however, can make you, your child, your family, and your community stronger. This workshop offers tips for recognizing anxiety across age groups and strategies for dealing with it.
How to Support Your Child with Virtual Instruction	Overnight, students and families have had to adapt to new ways of learning and engaging with schoolwork. This workshop provides resources to help families understand the nuts and bolts of remote learning, and offers practical strategies for setting up the home to support students during this difficult time.