



**Inclusion Australia**

acting locally - representing nationally - connecting globally



**Covid-19**  
(Coronavirus)

# Learning from home during Covid-19 (Coronavirus)

## Information for parents and guardians



This is an info guide about learning from home during Covid-19.

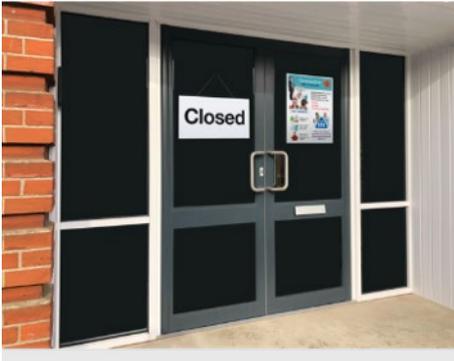
Covid-19 is also called Coronavirus.

It is for parents and guardians with a disability.



Information in this guide comes from the Australian Coalition for Inclusive Education.

Coalition means a group of organisations working together.



A lot of schools are closed because of Covid-19.

Children are learning from home.



If your school is giving children work to do from home, they must still follow

- The Disability Discrimination Act
- The Disability Standards for Education



This means your school

- Must treat all students the same way
- Must give all students the help they need to do school work



### **Looking after you and your family**

Learning from home is different to learning at school.

It can be very difficult for you and your child.



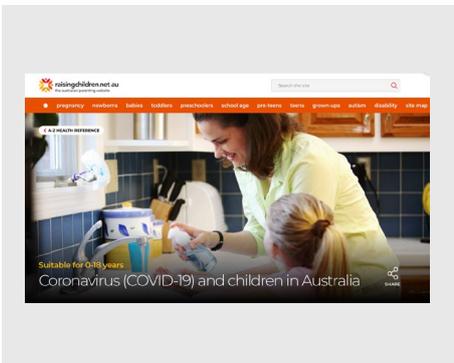
## Important things to remember

- Do what you can do
- Do not get upset if your child cannot get all the school work done
- Be kind to yourself and your family



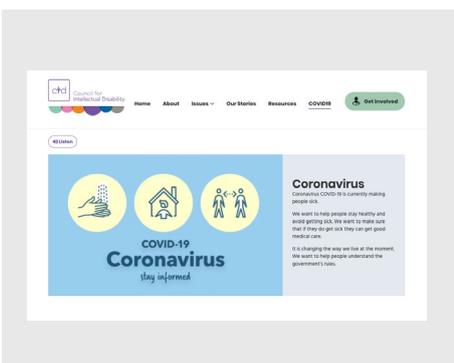
For information about how to look after your family's mental health go to:

<https://headtohealth.gov.au/covid-19-support/covid-19>



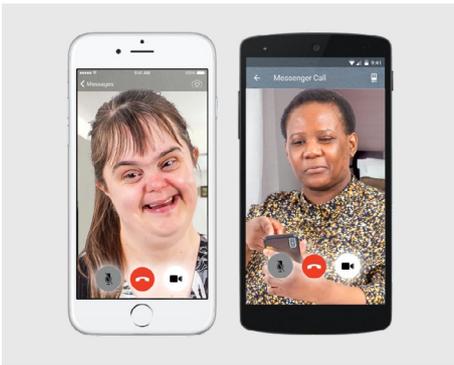
It can be hard to talk to children about Covid-19. Here is information that can help:

[www.bit.ly/talkchild](http://www.bit.ly/talkchild)



For Easy Read Information about Covid-19 from Council for Intellectual Disability go to:

[www.cid.org.au/covid-19](http://www.cid.org.au/covid-19)



## Staying in touch with other people

Staying in touch with other people is important.

There are lots of ways you can do this

- Chat to your neighbours over the fence or balcony
- Call or email family and friends
- Use social media like Facebook or Instagram
- Share stories with your family about what everyone is doing
- Talk to your family about how everyone is feeling
- Make plans for the future together



## Managing school work

Find out what information your child will get from their teacher.

Ask for accessible information.





Ask the teacher how often they will be in touch with you.

Find out how the teacher will stay in contact.

This could be by phone or email.



Find out what work needs to be done and when it needs to be finished.

Think about how much time you have to help your child with school work.



Think about what kind of school work you can help your child with.

If you have more than one child

- Make a plan so each child knows when you will help them
- You can help them at the same time or after each other
- Think about ways your children can help each other



If your child is in high school

- Get in touch with each teacher
- Talk to them about projects your child could do



Here are some useful links

Adjustments for students with disability:

[www.bit.ly/swdis](http://www.bit.ly/swdis)

School assessment during a crisis:

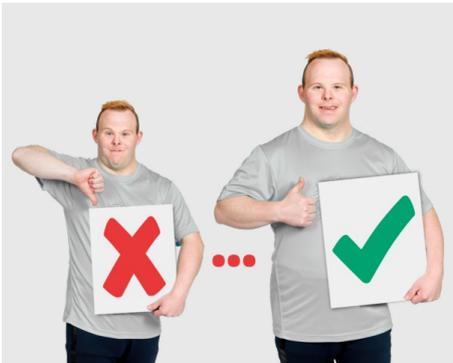
[www.bit.ly/QUTsch](http://www.bit.ly/QUTsch)



## Find a way to support your child that works for your family

Some ideas are

- Use the school timetable as a routine for learning from home
- Have a plan for the day
- Do small bits of learning with lots of breaks
- Switch between learning for school and other things like gardening or drawing



Think about what works well and what you need to change.

You can do that at the end of each day or week.



## Here are some helpful links

Ideas for schedules:

[www.bit.ly/resdigi](http://www.bit.ly/resdigi)

Why routines are important:

[www.bit.ly/kidsdaily](http://www.bit.ly/kidsdaily)



## Think about other ways to learn

There are lots of ways for children to learn.

Here are some ideas

- Read books
- Play with pets
- Go for a walk
- Look at old photos and talk about them
- Listen to music or make music
- Play board games
- Make an obstacle course



## Talk to each other

Talk to each other about how things are going.

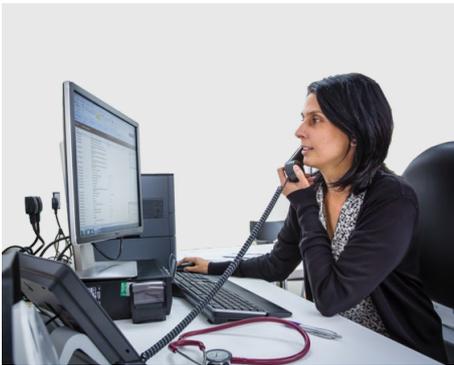
Say what you like about learning together.

Say what could be better.



## Who can I go to for help?

Ask for help if you find things difficult.



You can talk to

- Friends or other parents
- The school
- Your doctor
- Lifeline or other helplines

Lifeline: **13 11 14**

Beyond Blue: **1300 22 4636**



Tips for families in isolation:

[www.growmedical.com.au/blog/guide-to-social-distancing-for-families](http://www.growmedical.com.au/blog/guide-to-social-distancing-for-families)



**Inclusion Australia**

acting locally - representing nationally - connecting globally