

Parent-Teacher Interaction

May 16, 2020

**Welcome! We thank you for your
cooperation and support during the
lockdown time. This could have only been
possible with everyone's collaboration**

Study Skills-Building Structures



Setting study space

Minimizing distractions

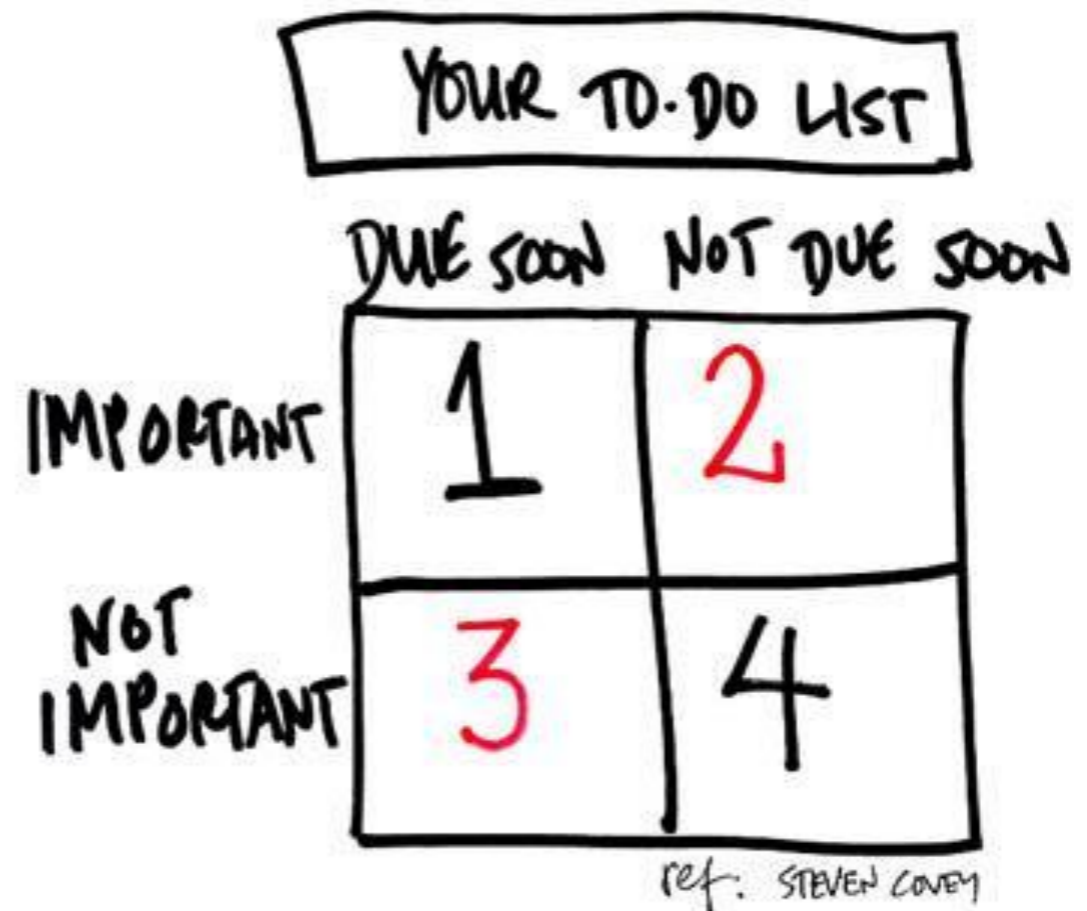
**Setting Goals (Dreams +
Hard work)**

**Recording Progress
through self testing**

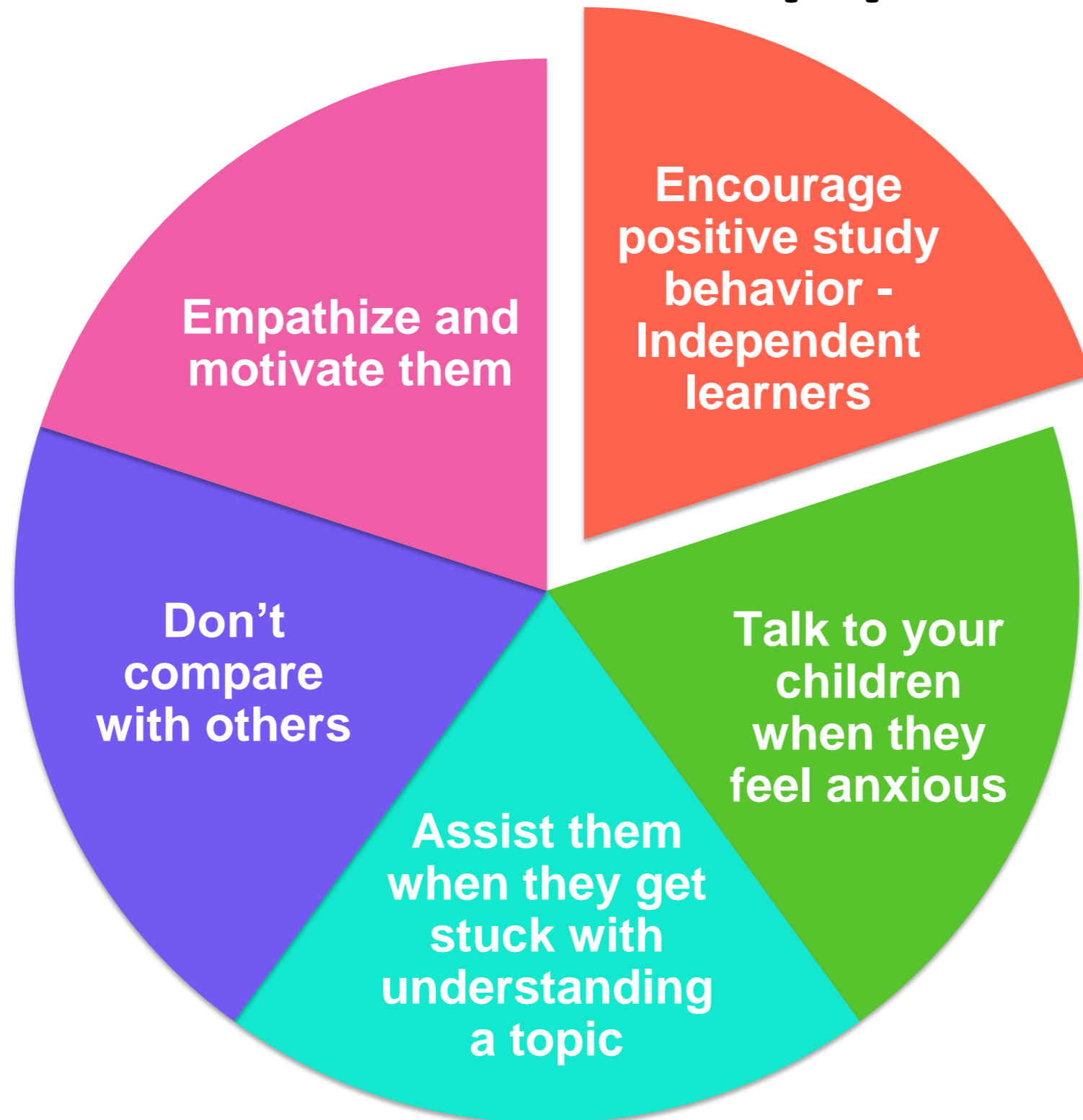
**Rewarding - Celebrate
small victories**

DEVELOPING A ROUTINE

- Schedule your day
- To do list
- Set boundaries between study and relaxation time
- Prioritising
- Be flexible



Parental Support



NETIQUETTES-Let Adults be the Role models !

Review online presence



Our words have impact on others



Keeping Unique and strong passwords



Remember online content is permanent



Share with Care

- Keep Personal Information Professional and Limited.
- Keep Your Privacy Settings On.
- Practice Safe Browsing on a secure Internet Connection
- Be Careful What You Download.
- Never click suspicious links or attachments
- Cover webcam when not in use
- Install anti-virus softwares with parental control
- Be careful what you share on public accounts/whatsapp groups about your children

Be Cyber smart

- **Setting clear expectations about digital behavior**
- **Educate about the harmful effects of cyber bullying, and potential legal issues**
- **Be clear about what content can be viewed or shared online**
- **Identify appropriate applications for children**
- **Regulate screen time**
- **Do not spread rumors as it can cause emotional distress**



Clarify Support Structures

- Does the child know:
 - What is online safety?
 - How to recognise unsafe online interactions?
 - Who to talk to about safety issues?
 - What must they do if they are in an unsafe situation?
- REMEDY ANY GAPS ASAP.
- Feed their curiosity about sexuality education so that they don't go looking for answers in unsafe spaces

Mental & Physical Wellness

Bonding time -
communicate with
your children

Taking
responsibilities and
duties - learning new
skills

Plan your
information diet -
choose/limit what
you see on social
media

Practice yoga &
other mindfulness
based activities. E.g.,
deep breathing

Developing a regular
exercise routine

Healthy diet

Adequate hours of
sleep

Maintaining basic
hygiene

Key Takeaways

Understanding child's needs

Setting Boundaries - right vs wrong

Rewards and Discipline - consistent and proportionate

Keeping your cool

Building positive relationship - have fun with each other too

Maintain work/life balance

Be a role model