



# e-Tips for Families

## Establishing a Routine

It is important to develop good habits and create routines that are similar to a typical school day. This will help your child stay focused and on task while online.

### A few tips for success:

1. Post a visible schedule where your child can clearly see times and activities.
2. Wake up at the same time every day.
3. Get dressed in school clothes.
4. Schedule breaks from electronics.
5. Be flexible! It may take some time to find a schedule that works.

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