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LEARNING PODS WHAT TO CONSIDER

SEPTEMBER 2020

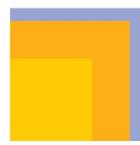
As the Pandemic continues to impact the world, we are finding that many families are turning to alternative learning environments and/or child care options for their children. Regardless of the unique set of circumstances, all families are facing difficult decisions when it comes to "back-to-school". Many families are sending their children to out of home child care, preschool, or afterschool programs. Some families are concerned about the risk of exposure to COVID-19 and are choosing to keep their children home to do virtual learning. Many parents are working from home, trying to manage their full time work and monitoring their children's learning at the same time. Many families have extended family members caring for their children. Other parents are choosing to connect with friends and neighbors to support their children in 'learning pods'.

Learning pods, sometimes called 'hubs' are supervised, small cohorts of children who are grouped together to access virtual learning. Whether you are choosing Learning Pods or some other alternative learning environments, please consider the guidelines and suggestions on the following page.



Sources

1. NPR: Day Care, Grandparent, Pod or Nanny? How to Manage the Risks of Pandemic Child Care, August 21, 2020
2. California Department of Public Health, California Public Health Officials Release Guidance for Small Supervised Groups of Children, August 25, 2020
3. Mayo Clinic, Screen time and children: How to guide your child, June 2019
4. OCDE Instructional Continuity Resources for COVID-19:
<https://ocde.instructure.com/courses/224/pages/families>



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To slow the spread of COVID-19, follow these three guidelines:

Maintain Physical Distancing (6 feet or more)

Wash Hands Frequently

Wear masks when physical distancing is not possible (two years of age or older)



Considerations When Choosing Alternative Learning Environments During COVID-19

- Consider the severity of the spread of the virus in your community.
- Check children and adults for symptoms daily.
- Keep the same children and adults together in a small group each day.
- Maintain regular sanitizing procedures in communal areas.
- When older relatives are caring for children, create a two-week self-quarantine before care begins and then minimize exposure to other children and adults.
- When bringing in outside help, consider the exposure that person is bringing into the home each day.
- Have an expectation that each person in the 'bubble' is taking every precaution when outside the group.
- Encourage as much activity as possible that can be done outdoors.
- Have children bring their own snacks and lunch, if possible.
- Have individual supplies for each child.
- Groups should be as small as possible, but no more than 14 children together in one group.
- Physical distancing should be balanced with the developmental and social and emotional needs of the age group.
- Consider developmentally appropriate behavioral and academic expectations and outcomes.
- Whether your child is attending an early learning program online or not, be mindful of the American Academy of Pediatrics recommendations for screen-time:
 - 0-24 months: no media use (except for video chatting)
 - 2-5 years of age: one hour per day
 - 5-8 years of age: no more than two hours per day
- Ensure plenty of physical movement each day.

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