

# LEARNING WITH TAMARIKI

Navigating study and childcare during self-isolation



## KNOW THAT WE'RE HERE TO HELP

You may find that your normal routine is disrupted in the coming weeks due to COVID-19 and that you are suddenly faced with the challenge of balancing study and childcare. We understand that family comes first, and your student advisor can give you advice on how to manage your time or change your programme of study if necessary. Reach out to your facilitator if you're worried about meeting deadlines or keeping up with course work. We're here to help, even if you just need a sympathetic ear.



## SHARE YOUR LEARNING JOURNEY

Let your friends and whānau know that you're balancing study and childcare - they may be able to help. Tell your tamariki about what you're studying and why you've chosen to study. This will help them to understand what you're working towards and will reinforce the message that learning is important. You might share your study plan with them each morning and work with them to think of activities they can do while you're studying. We've come up with a few to get you started:



If your child has school work to keep up with, set up a study zone and learn together. Ask them to save up any questions they have and ask them all at once. [Here's a list of free, boredom-busting educational resources](#) and a [link to Project Gutenberg's library of free eBooks.](#)



Set your child a Lego challenge. This can keep them absorbed in creative play for hours. [Here's a list of ideas to get them started.](#)



Guide your tamariki towards quality, educational YouTube videos and television programmes. [Here's a list of educational programmes available on Netflix.](#)



Self-isolation does not have to mean being confined to your home. If you have a garden or space outside, encourage your child to grab a ball and burn off some of that energy.



People around the world are rallying to create resources to help parents. For example, 'Frozen' actor Josh Gad has recorded [bedtime stories for children stuck at home](#). Or why not take your kids to [virtual Disney on YouTube](#)?

Have they explored [Georgia's virtual aquarium](#)? Would they like to explore the world through [virtual field trips](#)? Or go further afield with a [virtual trip to Mars](#)?



Get your child singing and dancing. There are lots of free online dance classes for children on YouTube. [Here's one for young children.](#) Maybe your tamariki love to sing. Have they tried singing with [Facebook's virtual choir](#)?

**This is just the start of the conversation.  
Why not share your ideas with your fellow learners?**

Let's be social.

Join TANZ eCampus on Facebook and LinkedIn and be part of our community of learners.

