

Parent Tip #7

Provide time away from screens.

Eye strain, screen glare, and not moving cause fatigue.

- **Using virtual learning platforms should include off-screen time with books, drawing, writing, and other mediums of learning. Your child may need to have pages printed out, or have a hard copy of textbooks, in order to use removable highlighter tape or reading guide strips, as needed.**
- **Reinforce the lesson content through activities and hands-on experiences at home. Students with disabilities and virtually all students will benefit from making these connections.**

Adapted from Florida Inclusion Network

