

# Tips for Grandparents during COVID-19

The COVID-19 pandemic has brought new and unexpected challenges to every household in America. In Tennessee, school districts are following different plans for the 2020-2021 school year, including virtual learning from home, in-person learning at school, and hybrid plans (combining both virtual and in-person learning). Here are some **practical tips & resources for grandparents** who are helping grandkids with education:

## **Stay positive – you got this!**

Convey a positive attitude to your grandchildren. Let them know that you are confident they can master this new way of learning.

## **Promote focus**

Virtual learning requires hard work & determination. Don't let your grandchildren wait until the last minute to complete their assignments. Set the right expectation by eliminating distractions (social media, games & other activities) during school hours so that grandchildren can stay focused & complete their work on time.

## **Get outside!**

Spend some time outside every day, if possible. Sunshine, fresh air and exercise are important ingredients for everyone – including healthy, growing children.

## **Take screen breaks**

Limit screen time to approximately 50 minutes before taking a break. Too much continuous screen time is unhealthy for eyes, both young and old.

## **Don't forget to take care of YOU!**

Make some time each day to take good care of yourself so that the people in your life will receive *the best of you rather than the rest of you!*

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**FREE TECH SUPPORT IN NASHVILLE: Call the Asurion company at 1-866-463-3773  
Mon-Sat, 8 am – 6 pm, or visit [Asurion.com/SchoolTechHelp](https://www.asurion.com/SchoolTechHelp)**

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## **GRANDPARENT SUPPORT THROUGH THE RELATIVE CAREGIVER PROGRAM:**

**The RCP provides emergency financial assistance, support groups, respite services, enrichment for grandparents & children, help with TANF, SNAP & more**

**CONTACT: New Vision**  
Kennatta Harris  
(615) 445-8711

For grandparent caregivers in  
Cheatham, Dickson, Houston,  
Humphreys, Montgomery,  
Robertson, Rutherford,  
Stewart, Sumner, Trousdale,  
Williamson & Wilson Counties

**CONTACT: Family & Children's Service**  
Emily Nourse –or– Joel Alex  
(615) 340-9729  
(615) 340-9725

For grandparent caregivers in  
Davidson County only

[www.coamidtn.org](https://www.coamidtn.org)  
**615-353-4235**

