



School at home top tips

Parents want their child to be healthy, do well with their education and to live meaningful, successful lives as adults. With schools out many parents may be feeling unsure or worried about how they can support their child's learning at home. There is some good news. Research shows children do better both educationally and in later life when parents are involved in their education. This gives us an opportunity to contribute to our children's learning.

In this time of uncertainty, it is understandable that parents will feel concerned about schooling at home. Below are some tips to keep in mind over the coming weeks.

- Children need to feel safe to learn. Provide a safe haven amongst the current uncertainty.
- Be easy on yourself. None of us expected to have the role of teacher.
- This is new to you and your child so take each day at a time.
- Break the day into chunks and alternate learning with a fun activity.
- Allow both you and your child time to adjust.
- Be realistic especially if you have more than one child or are also working from home.
- Have a plan for each day. Include other forms of learning, time outside, play and down time.
- Involve your child in making a plan for the next days learning. You will find they engage better when they have had a say.
- Learning can take place anywhere not just the kitchen table.
- Be flexible with time. Sleep builds your child's immune system so you may want to let them have a lie in.
- Recent studies have shown that due to shifts in teenagers biological clock they actually engage better with learning when lessons start later.
- If you find yourself getting frustrated or if your child gets upset step away and give both of you a break.
- Try to embrace the experience, be kind to yourself and your children. Remember this is temporary.

