PARENT FACTSHEET

How to support home learning

Follow this guidance to create a positive learning environment at home

Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
- **Experiment** in the first week, then **take stock.** What's working and what isn't? Ask your children, involve them too
- **Share the load if there are 2 parents at home.** Split the day into 2-3 hour slots and take turns so you can do your own work
- **Take care of your own health and wellbeing.** This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing

Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Distinguish between weekdays and weekends**, to separate school life and home life

Make time for exercise and breaks throughout the day

- **Start each morning with a** PE lesson at 9am with Joe Wicks
- If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
- Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended

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Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from Go Noodle to get the heart-rate going
- Get your children to **write postcards** to their grandparents or to friends
- Ask **family/ friends to listen to your children read** on FaceTime
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits and be very vigilant regarding internet safety

Examples of home-learning timetables

- Horniman Primary School in Lewisham created this timetable for its parents
- Five Minute Mum has a timetable including lots of activities for younger children

If you need to contact the school

admin2325@welearn365.com

See guidance on supporting your mental health and that of your children:

- Coronavirus and your wellbeing – Mind.org
- Supporting young people's mental health during this period – Anna Freud Centre

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