

# How to Support your Child when Learning from Home

## Establish routines and expectations

Even though your child is not at school, it is really important that you keep routines in place. This is not a holiday period. We recommend that you set regular hours for your child to complete their work. We have given you an example daily schedule. This includes suggested times for breaks during the day.

It is also important to maintain the same bedtime routines.

## Try to create a quiet space for your child to learn

This could be a dining table, a desk area, or any other space in your home that will be a quiet environment to learn. Ideally this will be a family space, and not your child's bedroom, so that you can easily monitor your child.

If you have more than one child trying to learn from home this might be more difficult. There may be times when siblings need to work in different rooms to avoid distractions.

Your child should not have the television at the same time as they are learning. Your child will not learn as well.

## Check regularly for communication from school

Teachers and other staff from your child's school will be regularly sending you updates. This might be about the status of the school closure, or about the learning that your child has been asked to complete at home.

If you need to contact the school in an emergency or to ask any questions, remember that teachers are keeping in touch with dozens and perhaps hundreds of families during this unusual situation. Please be patient with us.

## Begin and end each day with a check-in

You are encouraged to start and finish each day with a check-in. In the morning ask, "what is my child learning today?" "Are there any targets to achieve?" "How will they be spending their time?" "Do they need any extra resources?" Talking through these questions with your child helps them to set up their day.

At the middle and end of the day check in and ask similar questions.

### Try to engage in your child's learning with them

This is something that you may not feel comfortable with, but human beings learn best when they can talk about and process their learning with others. You do not need to be an expert in a subject to talk about it with your child. You can listen to them talking about their subject and the work that they have done.

Do not be tempted, though, to do your child's work for them. It is very important to do their own work – even when they are finding their work hard.

### Encourage physical activity and/or exercise each day

Make sure your child remembers to move and exercise. This is vitally important to their health, wellbeing and to their learning. Remember that if they were in school they would be participating in a range of different activities throughout the day that keeps them moving. We appreciate that it is more difficult to participate in physical activity and exercise in your community at the moment, try and be creative.

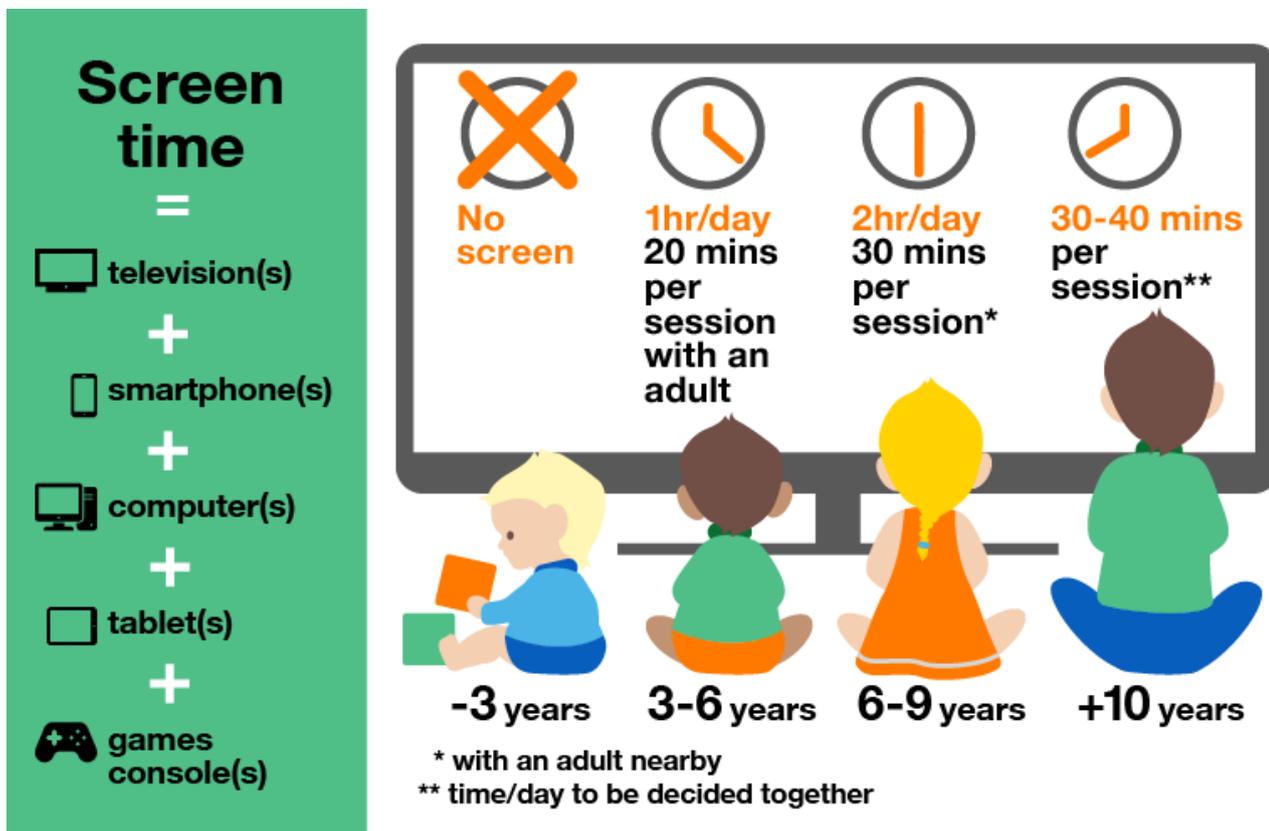
### Be aware that your child may be anxious or worried

Difficult though it may be, do your best not to transfer your stress or worry to your children. They will be out of sorts, whether they admit it or not, and need as much normal routine as parents can provide.

### Monitor how much time your child is spending online

Your child should not be spending 7 or 8 hours staring at a screen to complete work online or to participate in the online activities and websites that we have shared with you to support your child's learning.

The table below provides some guidance on the amount of suitable screen time for your child, based on their age.



Teachers will be periodically getting in contact with you to get a sense of whether or not your child is able to work effectively and whether or not they are using too much or too little technology.

### Set rules about using social media and phones

It will be exciting at first for your child to not have to go to school. This excitement will fade as they start to miss their friends, classmates and teachers.

Help your children to maintain contact with their friends, but also monitor their social media usage. It can be a positive tool for your child to get help or support their peers, but it can also be a distraction and provide some unsafe opportunities. You must ensure that your child's use of any social media platform is monitored.