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| 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](https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl) 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

**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](https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw) to get the heart-rate going

Get your children to **write postcards** to their grandparents or to pen pals

Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)

**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

Have you tried Carol Vorderman’s maths at <https://www.themathsfactor.com/>

Regarding children’s mental wellbeing, this site is helpful…

<https://www.nuffieldhealth.com/kidswellbeing>