



Home Learning Guide for Parents

Even though your child is not at school, it is really important that you and your child(ren) realise this is not a holiday period. We recommend that you set regular hours for your child to complete the school activities provided. Perhaps you could create a timetable?

ESTABLISH ROUTINES AND EXPECTATIONS

Keep routines in place, including worktime and breaktime. It is also important to maintain the same bedtime routines.

TRY TO CREATE A QUIET SPACE FOR YOUR CHILD TO COMPLETE ACTIVITIES

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

TRY TO ENGAGE IN YOUR CHILD'S LEARNING WITH THEM

This is something that you may not feel comfortable with, but children 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.

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. This is an unusual situation and they will 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. Spread this out over the week.

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 if they are older. It can be a positive tool for your child to get help or support from 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.