



How to support home learning

Follow this guidance to create a positive learning environment at home

Be realistic about what you can do

- › **You are 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.
- › **Don't put too much pressure on yourself.** Households are operating in very different circumstances and some will find it much easier than others. You can only do your best.
- › **Take an interest.** The most important thing you can do is to reinforce the importance of schoolwork by taking an interest. Look at Show My Homework with your children, ask them questions about what they have been learning, look at what they have produced and keep encouraging them. You don't have to know everything (or even anything!) about the topics they are studying in order to help them.
- › **Follow the work set on Show My Homework.** There are a lot of useful websites available to support learning, but it is very easy to spend all day searching for the 'right' things and this can be quite stressful. Leave the searching to teachers, who will recommend things they find that are suitable. If you stick to SMHW, you can't go far wrong.
- › **Experiment** and be prepared to be flexible. What's working and what isn't? Ask your children, involve them in decisions about what is best and don't be frightened of trying different things.
- › **Every day is a new day.** There will be times where it all goes wrong. Expect this and try not to worry when it happens. Just remind yourself that this situation is unprecedented and start again tomorrow.
- › **Share the load if there are two parents at home.** Split the day into 2-3 hour slots and take turns to keep an eye on things
- › Accept that children will **probably watch more TV and spend time on their phone** – that's ok (though you might want to set/agree some screen time limits and certainly make sure they have their phones switched off when it is time for work).
- › **Take care of your own health and wellbeing.** This will be new for your entire household, so give it time and make sure you look after yourself as well.

Stick to a set routine wherever possible

- › **Create and stick to a timetable/routine** if you can. This is what children are used to and it will help everyone. For example, try to eat breakfast at the same time and make sure children are washed and dressed before starting the 'school' day.
- › **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day

- **Keep a clear and healthy distinction between ‘school time’ and ‘home time’.** Don't let children stay in pyjamas on school days, switch off mobile devices during ‘lesson’ time and have a clear cut-off time at the end of the day so everyone can relax after that point. Treat weekends differently.
 - **Designate a working space if possible,** so that children have somewhere quiet and suitable to work. This also helps to separate work from free time.
 - **Use your child’s usual school timetable as a guide.** For example, if they were due to have English, Maths, Geography and Art today, then aim to spend about an hour each on those subjects.
 - **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, then they can extend it. If, on the other hand, something is just too difficult then feel free to move onto something where they can work more productively. Remember, an hour of focussed, good quality work is worth a lot more than two hours of ‘half-hearted’ effort or battling away with a topic your child isn’t understanding.
 - If you have more than one child at home, **consider combining their timetables.** For example, they might exercise and do maths together. Again, experiment with what works for your household
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Make time for exercise and breaks throughout the day

- **Starting each morning with a [PE lesson](#)** at 9am with Joe Wicks or going for a jog is an ideal way to begin the day
- **Have clear breaks in your timetable.** Perhaps even let children look at their phones during these times!
- If you have a **garden, use it regularly.** If you don’t, try to get out **once a day** as permitted by the government.
- Getting your children to **write in a diary what they have done and how they are feeling at the end of each day** can help them manage their emotions as well as provide a nice routine to finish the school day.