

## Home Learning – Tips for parents and carers

- Make a daily routine and stick to it. Get up, get dressed, and have breakfast at a regular time. If you want to ease off later, that's fine, but if you start off like a holiday, you'll find it difficult to bring your children on board if this shutdown lasts longer than initially planned.
- Find a quiet, comfortable place to work, at a table with few distractions and use this place every day for "school".
- Turn the T.V off. If your child works well with some background noise, then have some music on.
- Set a simple timetable for schoolwork. If possible, have 2 or 3 planned sessions a day with breaks, and free play time in between. A suggested timetable is on our School Facebook page and the School Website, however the age of your child will determine how long they will sit and concentrate for. A child in Year 1 will manage 15-20 minutes, whereas a P7 child might work for an hour or more.
- Plan what you are going to do before you start and have everything you need at hand.
- It might help to set a timer and have challenges. E.g. How many sums can you do in 10 minutes?
- If you have more than one child, try to spend some 1-1 time with each. When you are working on a practical activity or a booklet with a younger child, give your older children some work they can complete by themselves. When you are helping older children with more difficult work, allow the younger child to have free play time so you have fewer interruptions.
- If your child, or you, become frustrated or grumpy, stop and do something else for a short time. Eat a snack, have a drink, play a fun game or just have a dance.
- Give lots of praise for all your child's efforts. Use mistakes as an opportunity to learn and try to find something he/she did well in the activity.
- Have a reward system where your child can earn treats. These could be anything from a few sweets, baking a cake, having a picnic in the garden, a movie night or extra time on the iPad.
- If your child asks you any question, go with it! Look up how things work, make a meal from a country they're curious about, find out more about plants in your garden. Whatever they're curious about, take it seriously and add on to it! This is where technology will really support your child's learning.
- Limit screen time and set rules with technology. This is a great time to teach children how to be resourceful with the internet. Remember to teach your child about internet safety.
- Find documentaries that suit their interests. Watch them together and talk about them. There are lots of educational programmes on streaming services and the internet.
- Spend time outside every day, no matter the weather, go out to the garden. It doesn't have to be long. It will be good for everyone's health. If you really can't manage much, stand on a porch or open a window for 10 minutes.
- Enjoy this opportunity to have extra time with your child. Play with them, read together, teach them games you played as a child and watch favourite movies. Cook, bake, tend to the garden and teach them new skills like sewing, using simple tools and making models.
- Remember this is only temporary, so try to stay positive and it'll all be over before we know it.