

# Home learning support for parents

Due to COVID-19 many parents across the UK have found themselves in the uncharted territory of home education. This can feel incredibly daunting, particularly for those parents who are still working or those who have a child with additional needs. Below are some top tips for parents who are home schooling as well as some useful links and resources that provide extra support during this tricky time.



## 1) Stick to a daily routine

Maintaining a consistent structure and following a basic timetable will help split your child's time effectively between subjects and help them to make the most of their learning. Create the timetable together, if your child is involved they are more likely to follow it! Check our resources section for an example timetable.

## 2) Set clear boundaries between 'work time' and 'home time'

Offering defined spaces for rest and relaxation whilst others represent learning will establish boundaries and support your child to cope with living and learning under one roof. Finding the perfect space in your home for your child to work effectively may be challenging, but try to find a designated area where distractions are minimal and if possible use a table and a chair that is good for posture.

## 3) Balance online time with offline time

Although there are some fantastic resources online, some of which we have listed below, excessive screen time is not the best way to offer your child a good education whilst at home. Try to find a happy balance between online work and back-to-basics books and more practical, hands on activities such as painting, reading and model making.



## 4) Spend time outside



Whilst always following government guidelines, spend as much time in the fresh air as you can! Being outside is not only good for your mental health but is also a great opportunity for your child to explore and learn about nature. It also offers a creative opportunity to teach your child geography and science topics!

## 5) Everything is a learning opportunity!

Home educating your children during this time is challenging enough without the added pressures of feeling you need to teach the whole school curriculum! Use this opportunity to be creative with what you child learns during the school day, think of non-academic skills that can be taught alongside more core subjects such as tying shoe laces, dressing independently, cooking, cleaning or gardening.



## 6) Reassure your children

Your child may have lots of questions about the current situation, some questions you may not yet know the answer to, nevertheless it is important that you reassure them and reduce any anxieties they may have. Trying to keep a sense of normality as much as possible will help with this. Have things to look forward too such as regular calls with friends and family to stay in touch and share what you have been up to.

## 7) Use online support



Now is a great time to get online and reach out to forums and groups who are sharing tips, tricks and valuable information about resources that become available. Lots of teachers are actively posting in community groups and sharing their own resources on social media so a quick search may solve any problems you encounter during your time home educating. We have also added some useful links below to resources that may be useful!

## 8) Don't compare yourself to others

Teachers do a wonderful job and they are experienced, but that does not mean you don't have a lot to offer too! There are plenty of parents across the UK who are in different situations, have a variety of experience, skills and resources and have children with a range of needs, therefore everyone will be home educating differently. Try not to compare yourself with any other families. All children will learn at different levels during this time. The most important thing is keeping your family happy and healthy.

## 9) Make time to look after yourself and your own well-being

The pressures of home schooling will undoubtedly cause many parents to feel anxious and stressed, but it's important that during these challenging times you take care of your own mental health and well-being. Take time to relax, have a varied and balanced diet and partake in physical exercise. Remember: you can't pour from an empty cup!



## 10) A fresh start every day!



These are unprecedented times and the whole population is in this together. Take it easy on yourself and your child and make sure you start a fresh each day. Remember: your best will always be good enough!

# Resources- Just click on the links below!

### **Education packs**

- [Super movers active learning \(BBC\)](#)
- [BBC bitesize](#)
- [Khan Academy](#)
- [Teacher's pet free home learning resource packs](#)
- [Free Landy and Friends Teaching Resources](#)
- [Free Julia Donaldson and Axel Scheffler home learning packs](#)

### **Exercise and Physical Activity**

- [P.E. with Joe](#)
- [Virtual and inclusive dance classes](#)
- [Fun workouts for kids](#)
- [Cosmic kids yoga](#)
- [Active blast home workouts](#)
- [Youth Sport Trust Activities](#)

### **Specific SEND learning**

- [SEND home learning resource pack \(Twinkl\)](#)
- [150 Sensory Learning Ideas](#)
- [Visual Timetables](#)
- [The Sensory Projects SEND Resource bank](#)

### **Home education websites**

- [Home education websites \(Education Otherwise\)](#)
- [General education sites \(Education Otherwise\)](#)
- [Teaching resources \(Education Otherwise\)](#)

### **Fun and Creative ideas for learning**

- [Save the Children creative activities](#)
- [Hands-on making activities EY-KS5](#)
- [50 Fun activities in lockdown](#)
- [NASA at home](#)
- [Dyson engineering challenge cards](#)
- [Football inspired educational challenges \(Premier League Primary Stars\)](#)
- [100 things to do indoors \(School of spread the happiness\)](#)
- [20 virtual day trips with activities and resources](#)

### **Well-being**

- [Scope- supporting parent mental health and well being](#)
- [NSPCC Mental health and parenting](#)
- [Mentally healthy schools toolkit](#)
- [Young Minds in lockdown](#)
- [Children's society well being](#)
- [BBC Bitesize- well-being primary/secondary](#)

### **Specific coronavirus advice/teaching**

- [ELSA Support: A coronavirus story for children](#)
- [Little Puddins: A coronavirus story aimed at students with autism/SEN](#)
- [Carol Gray Social Story for Coronavirus](#)
- [Just For Kids: A comic exploring the coronavirus](#)
- [Public Health England child friendly advice](#)

This is by no means an exhaustive list but there are some great ideas out there that will hopefully support you and your child with home learning!

### **Early Years**

- [Making a visual timetable](#)
- [Dear Zoo Story session](#)
- [Treasure Hunt Activity](#)
- [Cardboard box activities](#)