







Top Tips for Parents – Remote Learning

<p>The positive power of routine</p> 	<ul style="list-style-type: none"> ✓ Keep your child's wake up, meal and bedtimes the same as this will provide a sense of stability and comfort for them. It will also help them to transition back into normal routines more seamlessly when they return to school ✓ Develop a flexible daily schedule to follow, including meal times, quiet time (i.e. reading), school work, play and outdoor activity
<p>Choose a good place to learn</p> 	<ul style="list-style-type: none"> ✓ If possible, set up a physical location that is dedicated to school-focused tasks. This will help put your child in a focused mindset and lead to higher productivity over time ✓ Ensure the learning environment is quiet and free from distractions
<p>Stay in touch</p> 	<ul style="list-style-type: none"> ✓ Your child's class teachers will make welfare calls during your child's time at home. Use these opportunities to raise any concerns or questions about their learning ✓ Use your child's class email to communicate with your child's teacher if needed ✓ Communicate with the school if you require a paper copy of the home learning pack
<p>Help children to 'own' their learning</p> 	<ul style="list-style-type: none"> ✓ No-one expects parents to be full-time teachers or educational experts ✓ Provide support and encouragement, and expect your child to take responsibility for their learning ✓ Struggling is allowed and encouraged! Don't help too much – becoming independent takes a lot of practice
<p>Encourage physical activity, brain breaks and exercise</p> 	<ul style="list-style-type: none"> ✓ Moving is vital to health, well-being and readiness to learn. Naturally, children need the time to wiggle and move around ✓ Small breaks have the ability to increase productivity, reduce stress and improve brain function ✓ Set new fitness goals and plan opportunities for hands-on activities that keep hands busy, feet moving and minds engaged
<p>Avoid long stretches of academic time</p> 	<ul style="list-style-type: none"> ✓ Break learning into small chunks – this will help the children recognise their achievements ✓ Set timers for learning time then give your child 10-15 minutes to play, relax, go outside, etc.