











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.

<p>Be flexible</p> 	<ul style="list-style-type: none"> ✓ It is important to remember that expectations should be lowered regarding what parents are able to do, the amount of time the children are able to spend on their learning and the progress that the children make ✓ Keep in mind that children will naturally take longer to complete tasks – this is ok! ✓ If your child is struggling to complete all tasks, just focus on the core subject ones – reading, writing and maths. Teachers will catch up any gaps in knowledge when your child returns to school
<p>Consider using extrinsic rewards</p> 	<ul style="list-style-type: none"> ✓ Ideally, each child is self-motivated to complete their work without a fuss. We all know that this is not always the case! ✓ Collaborate with your child on a list of things they would like as a reward. Try to avoid monetary rewards if possible. Some rewards could be stickers, playing a game, choosing a meal, quick bike ride or earning points towards something they want to buy
<p>Be involved, at an appropriate level</p> 	<ul style="list-style-type: none"> ✓ With older children, involvement can be as minimal as asking them to share three things they learned that day ✓ If your child doesn't do as well left on their own just yet, check in with them 3-4 times a day. Ask them to recap each lesson and how they know if they have mastered the concepts ✓ If you have younger children, set up their workspace near where you plan to be located most of the day. If you see your child struggling, don't hesitate to ask for extra resources from the class teacher. Regularly ask your child one thing they learned or one thing they are still confused on
<p>Be kind to yourselves!</p> 	<ul style="list-style-type: none"> ✓ These are unprecedented times and it is okay to not be okay! Emotions may be running high and children may be fearful, worried or feel anxious ✓ Children take cues from adult behaviour and attitudes, so it is important to try your best to stay calm, confident and have optimism ✓ Make the most of this opportunity where possible to spend time together, discover new interests and invest energy in activities that often get pushed aside