

REMOTE EDUCATION – GUIDANCE FOR PARENTS

The Covid-19 pandemic has changed life for families with children during 2020-21. We understand that balancing home learning with family life and working from home brings enormous pressure and challenges. We hope that the following offers some support and reassurance to you:

Please remember:

- You are not alone
- You are doing your best to help your child learn at home during a global crisis
- What you are doing is not the same as ‘working from home’ – you are at home doing your best to ‘work’ whilst still supporting your child’s learning during a global crisis
- You can’t be as productive as normal because these are not normal times
- Focus on what you can accomplish in the time that you have and let go of what you cannot

Some Top Tips:

<ol style="list-style-type: none"> 1. Look after your own mental health and well being and practice self care: <ul style="list-style-type: none"> - Be kind to yourself - Try to find a balance between work and rest - Stay connected with other parents 2. Create a daily routine that works for your family. Look at your child’s timetable with your child and create a plan together 3. Make time for play and leisure in the home – this releases happy hormones which reduces stress and it will help your child feel safe and happy 4. Break up the day and learning activities into chunks around the timings of your child’s live lessons in school. <ul style="list-style-type: none"> - Try to encourage your child to complete the work set after the live lesson, but if this does not work for you, do it later - Don’t be afraid to walk away, and let your child walk away from it too and come back to it later if things become too stressful - Ask your child how they are feeling – it’s good to talk openly about feelings together and reassure them that feelings are ok 5. Talk to your child about how to stay safe online – remind them that it is important to have time away from their screens 	<ol style="list-style-type: none"> 6. Support your child to move away from ‘I can’t...’ to ‘let’s see how we can do this.’ 7. Notice and value their achievements, however small they might be. Sometimes after a stressful period it can be difficult to find something to praise. In these times, try to find one positive, however small, and praise them for this achievement 8. Try to allocate some time to spend with your younger child doing activities together – reading, drawing, baking, making a model – and make sure you chat with them. They will learn so much from you and develop their language skills too 9. For older children, show an interest in their work and give them encouragement and praise. <ul style="list-style-type: none"> - Support them to gather the material they need - Help them plan their time well - Encourage them to become independent learners and praise them for the times that they achieve this 10. Never be afraid to ask for help when you need it – you won’t be alone and you will neither be the first or the last who needs support. We are here to help you and if it’s something we cannot help with we will signpost you to someone else who can
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Talk to us – we are here to help...

- If you need additional internet connectivity
- If you need to borrow an ipad
- If you need paper, pens or a work book
- If you are worried about your child’s mental health and well being, or have safeguarding concerns
- If you are struggling with any aspect of the home learning
- If you just need a chat!