How to support home learning

Follow this guidance to create a positive learning environment at home

Be realistic about what you can do

- **You’re not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household.

- **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too.

- **Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work.

- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing.

Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!

- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.

- **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible.

- If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household.

- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over.

- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day.

- **Distinguish between weekdays and weekends**, to separate school life and home life.

Make time for exercise and breaks throughout the day

- **Start each morning with a PE lesson** at 9am with Joe Wicks.

- If you have a **garden, use it regularly**. If you don’t, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others).

- Get your children to **write in a diary what they did each day** – this can be a clear sign that the ‘school’ day has ended.

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Other activities to keep children engaged throughout the day

▷ Where you have more freedom in the timetable, make time for other activities. Add some creative time or watch a dance video from Go Noodle to get the heart-rate going
▷ Get your children to write postcards to their grandparents or to pen pals
▷ Ask grandparents to listen to your children read on FaceTime (or ask grandparents to read to younger children)
▷ Give them chores to do so they feel more responsible about the daily routine at home
▷ Ask them to help you cook and bake
▷ Accept that they'll probably watch more TV/spend time on their phone – that's ok but you might want to set/agree some screen time limits

Examples of home-learning timetables

▷ Horniman Primary School in Lewisham created this timetable for its parents
▷ Five Minute Mum has a timetable including lots of activities for younger children

See guidance on supporting your mental health and that of your children:

▷ Coronavirus and your wellbeing – Mind.org
▷ Supporting young people's mental health during this period – Anna Freud Centre