**Tips for parents providing school support to their children:**

1. Where possible have a designated area for doing school activities. (this helps define between home life and school)
2. Have set times for starting, breaks and finishing to build in a routine as your child would have at school.
3. Get your children to wear their school uniform or jumper, this can help them get into that frame of mind.
4. Make a weekly timetable. Schedule your learning for the week with regular breaks.
5. Have snacks and lunches pre-prepared to reduce pressure.
6. Acknowledge when feeling overwhelmed and take a break. Getting stressed or shouting will not help you or your child.
7. Have a reward system in place to keep your child motivated, such as a reward jar that can be made by your child and full of things they enjoy doing. Let them pick a reward out of the jar when completed their work for the day. (ie, computer time, television, go outdoors, play a game, a treat)
8. Do not put pressure on yourself, you are doing the best you can.

If you are worried about the lack of physical activity your children are having, why not set them a challenge to walk to for example; Glasgow. This could be done by helping them work out how many miles it would be from their home to Glasgow, once this is worked out get your child to make up a chart, (help if needed) and on this chart every time they go out a walk, they must complete the chart with a colour, where they went and how many miles they done towards their goal.

This would then be repeated until they have reached their goal. This could be adapted to all different kinds of activities such as skipping, running, and hopping. Also decide what the incentive is for the child to keep them engaged and motivated.