

Learning at home in lockdown

This Nutshell gives you some hints and tips for supporting learning at home, and links to organisations that offer advice and support.

A few words from NPFS

Supporting our children's learning at home is a struggle for many families. It's important that we don't put ourselves, or our children, under too much pressure and no one expects parents and carers to replace the role of a classroom teacher. Working in **partnership** with our schools is key for learning that is realistic and appropriate to our family circumstances.

Remembering to look after our own mental health is not easy, there could be tensions and anxiety in all our families. There could be positive aspects of spending time at home with our children. No one should feel guilty about enjoying and making the most of any extra time they may have with their family. It's crucial to our mental health to keep in touch with each other and relax a bit.

To view all our online resources and current news items please visit npfs.org.uk

THE NATIONAL PARENT FORUM OF SCOTLAND

What does this mean for us?

You may have heard "remote learning", "blended learning", or "online learning" to describe the learning which has taken place during COVID-19. As things change, children's learning may alternate between learning at home, being in school part of the time and being at school full time as normal.

- How can we, as parents and carers, help support our children's?
- What can we do to help them progress?
- How can we look after our family's wellbeing?

Learning at home

At any time, parents involvement in our children's education helps them do better. Many of us will be juggling working from home, childcare and supporting our children's learning. A lot depends on the age and stage of our children, and their learning needs. The most important thing is to remember we are not a teacher and our role is to make sure that our children are safe and supported.

Good communication between schools and parents is crucial for meeting our children's needs.

We're all in this together: children, parents and teachers.

Do not worry, or feel guilty, if your child is not keeping up with their work. Just let your child's teacher(s) know, so they can provide help, support and advice.

What can parents expect?

Learning to be done by children is provided by teachers. This could involve 'live' online, or pre-recorded lessons, as well as other activities which do not involve technology.

Parents can expect their child's school to:

- tell them about how their children will continue their learning at home
- provide opportunities for all children to progress
- be available to discuss their children's progress
- provide access to relevant resources and materials
- have ongoing two-way communications with them

As always, it is very important that we keep in touch with our children's teacher. If you have any questions or concerns about your child's learning, you should contact your child's school.

Staying safe online

You can find information and advice about online behaviour and helping to keep your child safe on social media and gaming, in our Nutshell about online safety.

npfs.org.uk/downloads/online-safety

The link below gives you some points to think about and links to organisations that offer practical, step-by-step, advice.

npfs.org.uk/downloads/securing-your-devices

Online platforms to support learning at home

Many schools are using online platforms to support children's learning at home. Should you have any problems accessing them, with passwords, app downloads etc, please contact your school immediately.



Your child's early learning and childcare setting or school is there to offer support



RESOURCES AND SUPPORT

This will include ways of making sure households without laptops, tablets or broadband can access learning materials, as well as providing regular information and updates.

For children with additional support needs or complex needs, parents will receive information about the different resources and support available. This will be appropriate for their age, ability and circumstances.



DIGITAL DEVICES

If your child does not have the device or internet connectivity that they need, you should contact your child's school for help.

TRANSITIONS

Transition can be an anxious time: nursery to primary school; primary to secondary school; secondary school to work or further education.

Transition arrangements are likely to be different this year, but staff will do their best to support your child and make their transition as smooth as possible. If you are concerned, have questions, or haven't heard anything, then you should contact your child's early learning and childcare setting or school direct.

PLAY!



Let's not forget about the importance of play. It helps children: relax, calm down, make sense of new experiences and changes around them, be creative, solve problems and cope with their emotions. You can access a range of resources advice and tips for playing at home and outdoors (if possible), on ParentClub website:

parentclub.scot/topics/play-learn



Supporting your child's learning at home

You can help your children by:

- Having a routine that is realistic, flexible and works for your family. Health and wellbeing are important so, remember to include healthy eating, staying hydrated, fun and exercise.
- Encouraging them completing work and to contact the school for support if required.
- Managing expectations for what you, and your children, can achieve. Learning at school is very different to learning at home. Learning should be motivating, meaningful and enjoyable. It should also be well matched to children's needs and interests. Some days are likely to be more productive than others.
- Letting the school know of any family difficulties or challenges. Good communication between home and school is essential. If you have any questions or you are finding that things are not working out, please contact your child's school.
- Asking how they are feeling. They could be feeling anxious, or missing friends and family. Telephone/online chats with friends and family could help.
- Our days could be very different to normal with learning happening at all times of the day for various reasons. Your family's wellbeing is the most important thing. It is important to stay calm and positive, take regular breaks and make time to relax as a family.

Further information on ways to support your family's wellbeing is available on our website and social media feeds.

npfs.org.uk/resources



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