

# Home Learning Advice for Parents



The following are just some ideas to support achieving whilst staying at home. Your child's school website or glow page will have many more.

## First Level: Achieving

### Choice and Flexibility In Their Learning

We know children thrive on routine and structure but would not recommended trying to replicate school in your home. However negotiating a learning plan with your child is likely to be helpful. This could include a flexible timetable with a variety of experiences including relaxation and free time, 'home school' rules and maybe agreed rewards. Here are some examples of free timetables you might want to adapt in collaboration with your child. [CLICK HERE](#)



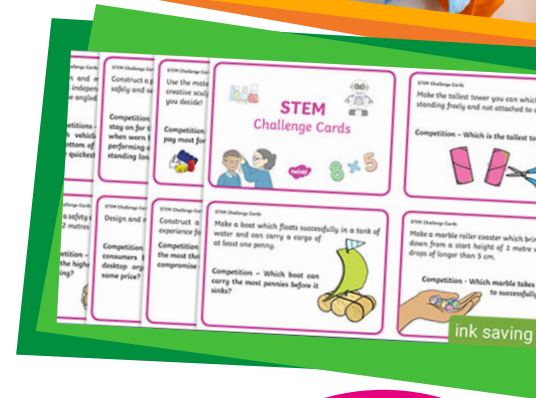
### Helping Hands

Encourage your child to take responsibility for age appropriate chores and help out with routine household tasks. For example helping weeding or watering plants in the garden, hoovering or sweeping in the house, making their own bed, tidying up their toys and washing dishes. Children are more likely to cooperate when they see all family members taking part. See link for more ideas! [CLICK HERE](#)



### Follow Their Interests and Play

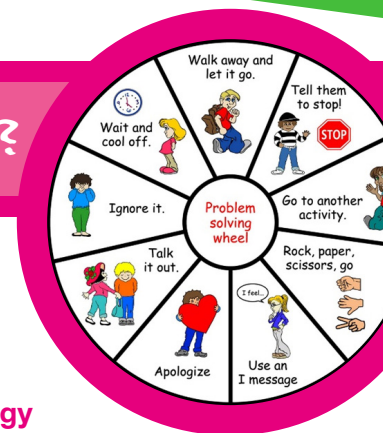
What activities does your child enjoy? For example do they prefer to be active and on the move, craft, create and make things, explore and investigate, read and research or stretch their imagination? Do they have topics they are particularly interested in for example, animals, music, a particular cartoon, learning about why we're in lockdown, finding out about their family? Follow what your child is interested in and encourage them to develop it further with maybe a project on their area of choice. For lots of fun activity ideas see link! [CLICK HERE](#)



### Developing New Skills and Learning about Self-Care

Social-emotional learning can be supported by practicing self-care skills. Help your child build an awareness of what things they can do that help them feel better and manage stress by building a 'coping strategy wheel'. You can help your child pick what activities help them feel better and manage their stress (e.g. going for a walk, listening to calming music, drawing or colouring, deep breathing, getting a hug etc.) and then include them on their coping strategy wheel. This will help your child learn to recognise how they are feeling and use positive strategies or skills to help manage their feelings. For further information [CLICK HERE](#)

what can i do?



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