

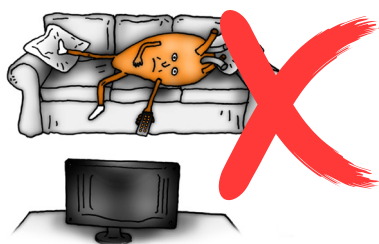
# Helping your children at home

**Routine** – being educated at home is very different to being in a school environment and routine is key. Don't overload your child's day with just school work. Doing a chunk of focused work each day will help to maintain their structure and also allow them to balance this with free time and/or creative activities.

**Fresh air** - Fresh air is good for our health and exercise is an important part of our daily lives. Fresh air has been shown to help us digest food more effectively, improve blood pressure, heart rate, and strengthen our immune systems. It also makes us happier by promoting higher levels of positive emotions.

**Support** - Isolation has a negative effect on mental health and happiness. Children need some independence and time to connect with others. They also need reassurance, kindness and love so keep an eye on your child's happiness, emotions and moods.

**Keep updated** – maintain a positive relationship with your child's school and teachers to find out what measures will be in place to support your child's learning. Keep up to date with the news daily so you are aware of the current situation and any new guidelines.



## 4 things to do with your child:

- Stick to a routine with your child. Make sure you create a daily structure with your child which includes breaks. Enjoy breakfast and mealtimes together and plan a morning of focused schoolwork activities until lunchtime. Use afternoons as creative and practical learning to help your child explore the environment around them in a relaxed manner. Complete the 'learning day' around 3pm and give your child independence. Do something active every day with your child and get fresh air daily.
- Talk to your child about any concerns or worries they have during uncertain times. Listen to them, support them and encourage them to stay connected with their friends or wider family using online methods. Reassure them and try to keep them motivated.
- Make a plan together about the schoolwork they need to complete and work with them to prioritise what they need to focus on. Understand how your child is maintaining contact with school and submitting any work to be checked online. Make sure you have a quiet space for your child to work in.
- Be creative with your child and encourage them to explore practical learning activities such as looking at nature, carrying out scientific experiments, drawing, reading, cooking or keeping active.

