



## Top Tips for Home Learning

**We want all our parents to survive the next few weeks – we hope the following suggestions help.**



Little and often is fine, young children don't usually concentrate for long periods of time.

Have some healthy snacks ready, most children concentrate and learn so much better when they aren't hungry.



Take 'brain breaks' through the day – move around in between tasks or whenever you feel your child has been sitting for too long, getting out for fresh air whenever possible, even just for a run around the garden, or stopping to do a few star jumps every so often.



If you can dedicate a room in your house just for home learning, do. If you can create a home learning space, do that. If your home learning space is used for relaxing as well, can you pack away the learning at the end of the day to show it is finished?

Limit distractions as far as possible – turn off notifications while your child is using a device for learning for instance.



If you have two or more children at home and you are juggling the time you help them or the devices they are using, try to make sure that the child having a break isn't doing something that really distracts the child trying to learn.

Try not to compare yourself with others, especially if that makes you feel you aren't doing a great job. Everybody's circumstances are different.





Use the resources available from the BBC if your child responds to those but struggles with tasks set by school.

If either you or your child is getting frustrated, have a break and come back to the task when you both feel ready to try again.

Get outside for a walk/run/bike ride/splash in the puddles/scoot every day, your child is used to **at least** an hour of outdoor play every day at school.



that learning can be seen and ticked off. It helps to see that the end is in sight!

Set up a routine and try to stick to it, making sure the weekends look and feel different to weekdays (even if your weekends aren't Saturday and Sunday to enable home learning and working from home to happen).



Allow children the choice to complete the work in the order they choose.

Use a list or a visual timetable so

Adapt tasks set if they aren't working, and seek advice from the teacher if you

Do ask the teacher managing the home learning for help and advice.

