

Tips for supporting your child's learning at home

We understand that you may find supporting your child's learning from home a daunting prospect, but you are not alone: our teachers are still working and are available during lesson time and school hours to support you and your child.

Here are some suggestions to help make learning at home as effective as possible:

Plan and Prioritise

Find a quiet place for your child to study. Ensure they have everything they need for each learning session so that they aren't distracted by running off to find a rubber or a pencil sharpener.

Routine

We will provide you with a timetable, very similar to the one your child is already used to within school. Sticking to a routine including a break and a lunchtime will help your child to focus. It also means that their breaktime will coincide with their friends, so they may be able to have some social interaction online during those times.

To create the right mindset, it's a good idea for your child to be dressed and not trying to do schoolwork in their pyjamas.

Consistent routines support our children to understand expectations, manage anxiety and mentally and physically prepare themselves for their day. This then allows them to learn how to self-regulate, engage with learning and manage their behaviours positively.

However, routines must be explicitly taught. Take the time this week, to sit down with your child and talk through what your day or week will look like. To begin with, you may have to model the routine to show them exactly what you're expecting. The more consistency there is over routines, the easier it is for the children to adapt.

Expectations

If you are not a teacher yourself, set realistic goals. Our teachers will set work for every subject, but it may help to prioritise Maths and English and not be hard on yourself or your child if you don't manage it all.

We completely understand that you may be working from home too, your best and your child's best is good enough.

Run through the timetable with your child, so they know what the day will look like and when their breaks (and snacks) will be.

We do not expect your child to sit at a table all day and our teachers will be suggesting all sorts of interactive ideas; learning should be fun!

It will take some time for the new routine to become established and, just like starting a new job, it will become easier with time.

Behaviour

Where possible, try to focus on positive behaviours. A simple reward chart or recognition board works wonders. Write on a piece of card the behaviour you want your child to focus on and, when you see your child demonstrating the behaviour well, acknowledge them by adding a sticker or tally to their chart.

In school, we follow three simple rules: Be ready, be respectful and be safe. We hope that these can easily be referred to in your home. When children's behaviour becomes challenging, we use these scripted phrases to help redirect children to the desired behaviour:

- Remember yesterday when you (refer to previous positive behaviour)? That's who I need to see today.
- I need you to....(show me you're ready, by sitting at your desk).
- I know you will...(show respect by lowering your voice).
- Thank you for...

Communicating with your child's teacher about work or behaviours you're both proud of, for example: helping chop vegetables for dinner, completing their additional questions independently or reading a challenging novel, will also keep the positive dialogue going between your child and school. We want to see what they're up to and to support you the best we can.

Share

Please share with us on social media platforms (or email your child's teacher) any interesting work you have completed or projects that you have undertaken. Your ideas may help support other parents and we'll be sharing these and more ideas and tips. You don't have to be 'on' these platforms to see our posts, just use the links below.

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Exercise and Mindfulness

It is important for children to get out and get fresh air, even if that is just in the back garden or if it is raining, having time to 'let go' in the lounge.

Ensure your child has downtime when they can relax away from screens and schoolwork, apps such as Headspace can help children (and parents) switch off.

Online Safety

Losing face to face contact with peers and adults will be a challenging time for all, and as a result, many will turn to social media to communicate with friends and relatives. There are many positives of online communication, however, we would like to offer some advice in helping children to remain safe online:

- All communication from children in Year 4 – 6 to staff, should be via their office 365 email address.
- Any video or audio communication between school and home should be pre-recorded.
- Try not to allow your child to go into isolation with their device: keep it in a communal area.
- Online privacy settings need to be adjusted and reviewed regularly. At school, we use Securly.com, an online filtering system, which can also be purchased for home use. www.securly.com/home-parent
- Have screen free rooms/hours - set boundaries for the children but also for the adults too: model good practice.
- The Children's Commissioner have created easy, practical steps for children and parents to achieve a healthy and balance digital diet: [Digital 5 a day](#)

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