

# Supporting your child with home learning.

Home learning can be very overwhelming. It is really important to remember that this is not for ever and as teachers we will do everything possible to support pupils virtually during lock down and when pupils return to school.

There are somethings you can do at home to support your child.

1. Talk to your child positively about home learning. Remind your child about the importance of learning. Remember making mistakes is part of learning.

2. Routine and structure.  
Encourage your child to complete one task at a time.  
Include regular breaks into the day for some down time, a time limit may help children know when they need to move onto the next learning activity.  
Get outside for 30 minutes ( as long as this is safe to do so).  
Have consistent meal and snack time.

3. Sleep- Keep a consistent bedtime routine, going to bed and getting up at the same time. Having a good night sleep is vital for learning and remembering information.

4. Positive praise/ reward.  
Saying 'well done, I am proud of you' goes a long way.  
Rewards- this could be time earned on electronic devices or playing a game of their choice.

Keep smiling, you can do this!

