

Remote Education - Parent Guidance



COVID-19 has changed a lot for families with children throughout 2020-21. We know parents and carers might be worried about balancing home-learning with family life and working from home.

Please remember:

- You are not home-schooling. You're doing your best to help your child learn at home during a crisis.
 - You are not 'working from home.' You are at home doing your best to work during a crisis.
- You can't be as productive as normal because these are not normal times. Focus on what you can accomplish in just the next 24 hours and let go of what you cannot.

Top Tips

1. Look after your own mental health and practice self-care - be realistic and kind to yourself; find a good balance between work, rest and play; stay connected with other parents.
2. Create a daily routine that works for your family; talk to your child and help them to create a daily plan.
[Click here](#) to access the *EEF Planning your Day* resource.
[Click here](#) to watch *Supporting daily routines during school closures (EEF)*
3. Make time for play; playing releases happy hormones which reduces stress for everyone; play will help your child to feel safe and happy. [Click here](#) for *Shared and playful learning activities at home*.
4. Break up the day and learning activities into small 'chunks'. Brain breaks are important and will help your child to remember what they have learnt, support them to feel calm and help manage any anxiety. Don't be afraid to ask your child how they are feeling; it's important to openly talk about feelings together and reassure them that all feelings are ok.
5. Talk to your child about how to stay safe online. Remind them it is important to have time away from screens. [Click here](#) for *Advice for parents/carers*.
6. Support your child to move away from 'I can't...' to 'How can I do this?' Problem solve with your child; break learning into small steps with them.
7. Notice and value their achievements, no matter how small.
8. Spend time doing activities with younger children - reading, puzzles, drawing, playing with numbers and letters. Value every-day activities as learning opportunities - e.g. count the stairs together as you walk up and down them. Model a new skill; they will learn so much from you!
9. When children are older, show an interest in their work and give them encouragement and praise. Remind them to gather the materials they need, help them to set goals and plan their time effectively; this will help them to be able to work independently.
10. Ask for help when you need it; seek advice from friends and other parents and contact your child's school if you need any guidance or support. Worried about a child or young person? Contact the Parents Helpline for free [here](#); confidential advice via the phone, email or webchat.

Talk to your child's teacher if you need support with... (they want to help!)

- Accessing remote education - technology/paper copies of work/stationery/resources
- Ensuring your child can access the learning activities (teachers can give advice and sometimes extra resources)
 - Wellbeing or mental health support for your child
- How to complete a learning activity - teachers can often provide worked examples
 - Ways to check your child's level of understanding
 - Keeping your child motivated and engaged in learning

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