

CHECKLIST

How parents can support student learning at home

1 Routine:

Having a routine for completing learning tasks is essential. By setting up a regular place for students to work, and a set time in which they will complete activities, it removes the stress around telling them it's time to start. As much as possible, keep to the set times that your child is used to in school, including breaks. If it can become a habit, kids can get themselves in the correct mindset to complete their work.

2 Break it down:

Sometimes learning activities can seem overwhelming. From spelling lists to major research assignments, the idea of sitting down and getting started on a whole project can be daunting for a lot of kids. To avoid this, break the task down into smaller sections to be completed each day. This way, the tasks become much more manageable and less likely to cause worry.

3 Preparation:

Before your child begins their lessons, it is important that children are ready to work as efficiently as possible. Ensure they have eaten something nutritious, like a healthy breakfast, and have had plenty of water. Nothing will stop a child wanting to work as an empty belly! It is also important to have the workspace ready with all the necessary equipment and all possible distractions removed.

4 Take a break:

Studies have shown that people (not just children) have difficulty concentrating for longer than around 45 minutes at a time. Ensure kids have a short break after this amount of time to step away from their task and do something else before coming back to their work refreshed.

5 Don't be afraid to ask for help:

Your child's teacher should still be available at this time. They are a valuable resource, so make sure you're reaching out for help where you need it. Also, remember that many parents will be doing the same, so be mindful of requesting very quick replies or multiple questions over the day – try to compile a list of questions throughout the day and check in with your teacher at the end.

