

A Practical Guide for Parents

Supporting your children with the different challenges
of learning from home





A toolkit to support parents with home learning

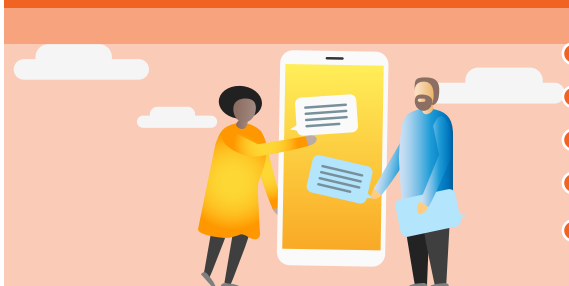
1. Establish and maintain clear routines for them

Click here: [EEF Planning the Day checklist](#)

- Make sure you know what work your school are providing
- If possible, follow the daily schedule set by the school
- If not, create an alternative but try to keep it the same each day
- Encourage your children to take regular exercise breaks



2. Build and sustain their motivation



- Take an interest in their work by asking them questions
- Praise them for the effort they put into their work
- Celebrate successful pieces with friends, family and school
- Build in small rewards for completion of challenging tasks
- Encourage to share the plans and completed work with friends

3. Help them manage their wellbeing

See: [useful links and resources page](#)

- Listen to their concerns – you don't have to know all the answers!
- Encourage them to talk regularly with friends and family
- Get them to spend time away from screens e.g. paint, bake, write
- Contact pastoral care on offer at school for guidance and support



4. Keep up their reading and writing

Click here: [EEF 7 Top Tips to Support Reading at Home](#)



- Encourage them to read every day, even if it is only a little
- Follow the TRUST framework to support their reading
- Ask them to explain plans before they start extended writing tasks
- Listen to their final written pieces and ask them to explain choices

5. Support them with their work

- Make sure they have all the information required for a task
- Ensure they are confident with new material before proceeding
- Encourage them to use supportive resources e.g. examples, prompts
- Ask whether they have reviewed their work before submission





How to support your child with reading, writing and mathematics learning

T

TAKE TURNS TO MAKE PLANS AND PREDICTIONS BEFORE READING

R

RECAP TO CHECK IDEAS AND UNDERSTANDING AS YOUR CHILD IS READING

U

USE ENCOURAGEMENT AND PRAISE TO KEEP CHILDREN ENGAGED IN READING

S

SHARE PRIOR KNOWLEDGE AND PAST EXPERIENCES LINKED THE READING

T

TUNE-IN AND LISTEN TO YOUR CHILD – BE CURIOUS ABOUT THEIR INTERESTS



Reading

Use the TRUST model to support your child with their reading.



Aim to provide a quiet space to read; give regular encouragement and as much access to reading material as possible.

Taking an interest in what your child is reading by asking them questions aids their motivation and understanding.



Writing

Follow the Plan, Write, Review cycle for extended writing tasks

A **plan** helps children include all the important details and sequence them.

When they **write**, children benefit from following the way example texts are phrased and structured.

A **review** of work encourages children to spot errors and make improvements.



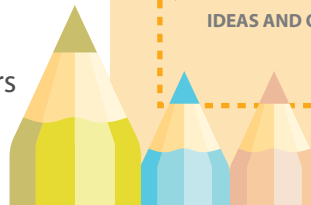
PLAN
IDEAS AND ORDER



WRITE
WITH AN EXAMPLE



REVIEW
USING A CHECKLIST



Mathematics

Read, Revisit, Practise and Praise for effective maths learning

READ

WHAT'S THE FIRST STEP HERE?' 'WHAT COMES NEXT?'

REVISIT

'HAVE YOU DONE THIS BEFORE?' 'WHY NOT HAVE ANOTHER GO AT THAT TASK FROM LAST TERM.'

PRACTISE

'LET'S PRACTISE YOUR 8 AND 9 TIMES TABLES FOR A BIT.'

PRAISE

'ALGEBRA HELPS ME WORK OUT HOW MANY BAGS I NEED.' 'JUST TAKE YOUR TIME.'



Reading in maths requires care and breaking down steps.


Revisiting material from previous lessons helps consolidate learning and build confidence.

Practising fundamental skills, like times tables, supports more complex maths learning later on.

Praising effort makes children feel achievement in maths is within their grasp.



Five Common Challenges and How to Tackle Them




My child gets anxious about the presentation of their work

Reassure them their teachers are more interested in how well they are learning rather than the neatness of their work. Children will make more mistakes learning from home and it's ok to cross things out and change them. It doesn't really matter.




My child finds it hard to focus for long periods of time

Sustaining focus on learning is hard, especially at this difficult time. It's a good idea to remove all distractions from children whilst they are studying, such as mobile phones, and build in times for playing games and using social media in breaks. In most cases, lesson content can be chunked, so children can focus harder but in shorter bursts.




My child rushes all their work set and doesn't really do it properly!

This approach is understandable given the amount of distractions at home and the challenges of remote learning. Try to encourage your child to see that it is much better to learn fewer things well, rather than a lot of things superficially. Again, a clear daily schedule helps to balance work and social time.



My child lacks the motivation to complete any school work at the moment

It is particularly hard for children at the moment with so much uncertainty and a return to school and seeing friends not immediately in sight. Completing some of the easier, more predictable tasks, such as using online learning platforms or reading a book, might be something that can be built up in time. Praise, encourage and contact with their form tutor will also make a difference to how they feel about their studies.



My child finds some of the work set by the school too challenging

Inevitably, with teachers setting work remotely and without the ability to support children in the classroom, some will find the work more challenging than others. A practical approach should help – going back over previous lessons, asking for help from the teacher (if possible) or focusing on what can be done right now.



Useful links and resources

Mental Health and Wellbeing

Youngminds – from parent to parent: a guide to getting through coronavirus

<https://youngminds.org.uk/media/3762/coronavirus-parent-to-parent-advice-guide.pdf>

NHS - 5 steps to mental wellbeing

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Anna Freud Centre – National Centre for Children and Families

<https://www.annafreud.org/coronavirus-support/>

Beacon House - therapeutic service for young people, families and adults.

<https://beaconhouse.org.uk/covid-19-support-resources/>

Miriam Chachamu a family psychotherapist gives useful advice

<https://www.youtube.com/watch?v=cenill2fZ5E>

Special educational needs and disabilities (SEND)

BBC – useful articles and links

www.bbc.co.uk/bitesize/articles/zh9v382

NSPCC - useful articles and links

www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-supporting-children-special-educational-needs-disabilities/

Creativity and Culture

Breadahead – daily baking lessons

<https://www.breadahead.com/live-bake>

Sign Language – free sign language course

www.british-sign.co.uk/learn-online-british-sign-language-course/

National Theatre – free streaming of recent productions

<https://www.youtube.com/user/ntdiscovertheatre>

Audible – access to a range of free children's audio books

<https://stories.audible.com/start-listen>