

A Practical Guide for Primary Parents

Supporting your children with the challenges of learning from home



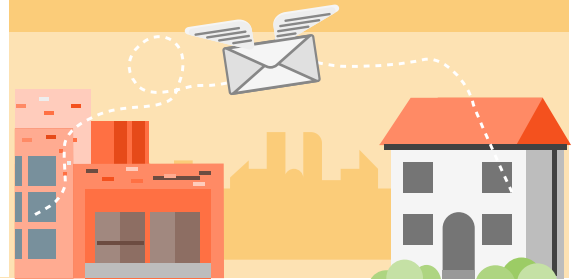


A toolkit to support parents with home learning

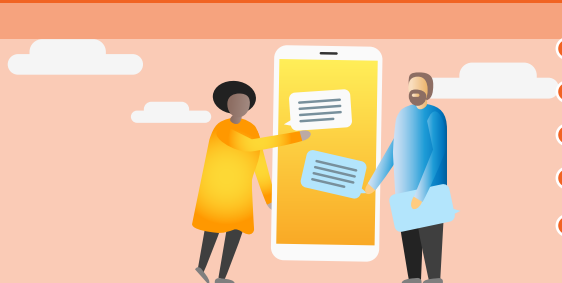
1. Establish and maintain clear routines for them

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

- Make sure you know what work your school are providing
- Cover what you can, try not to worry about what you miss out.
- If possible, make a routine that works for everyone, and 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
- Talk about written work before and during the task.
- Be your child's scribe. If writing feels like a big ask...do it for them!

5. Support them with their work

- Keep it simple when you need to. Follow the TRUST ideas to turn anything into a learning experience.
- If something captures their imagination, run with it.
- Value playtime! Lots of important learning happens when your child is playing with their toys and their siblings





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. It can be recorded as key ideas or pictures, and ordered in a comic strip or a list.

When they **write**, focus on the writing goals of the piece. That's probably what they are writing, not spelling and handwriting.

A **review** allows children to read their work and make changes that will improve it.

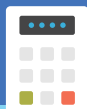
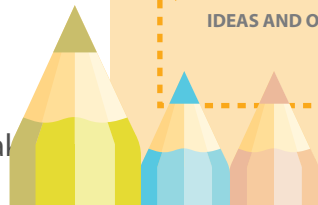


PLAN
IDEAS AND ORDER



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?' 'SHOW ME WHAT YOU CAN REMEMBER'

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.'

Encourage your child to **read** and think carefully about the question.

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

Practising basic skills, like times tables and number bonds, 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 lacks the motivation to complete any school work at the moment



Focus on the tasks that they are more interested to complete. This will help keep things as calm and positive as possible, so important for you and your child. If other tasks cause conflict, leave them. Use the time to read, or remember the learning in talk or play.

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



Sustaining focus on learning is hard, especially at this difficult time. Be kind to yourself and your child. If they're struggling, take a break and do something different. When things feel calmer, come back to the task if you can.

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



Perhaps you could encourage your child to focus on one piece to share with a friend or relative at the end of the day. Photograph it and send it on. Getting lots of praise will help them see the benefit of extra effort.

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 some of the work set by the school too challenging



Your child's class teacher will be very keen to hear this feedback. Keep in touch about what your child is doing well, and what they are struggling with. Stay as positive as possible.



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>