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## Some tips to help you support your child's learning at home

These top tips are intended to help you support your child's learning at home during COVID-19.

The top tips will continue to be reviewed and updated as required. Further information is available on the learning at home pages of the Parentzone Scotland [website](#).

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### Setting up

Making your home a positive place for learning and leisure – no matter how old they are – is a big part of their learning and development.

Encourage your child to have a positive attitude to learning, to be curious, and to have confidence in themselves.

Check that your child has the necessary items, for example, paper, pens, to complete their learning at home activities. Let your child's school know if you don't have the necessary items.

Include your child in ideas for making home great for learning e.g. building a safe reading den for the day with sheets and chairs!



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## Parents are not always able to supervise their child's learning

Learning at Home is different to learning in school. It may not always be possible to have a set routine or schedule.



Try to ensure that your child:

- has a balance of work, play, rest and sleep
- has a choice about how they would like to spend their break or free times
- has access to activities at home such as reading, crafts, exercise
- helps to: decide how much time they should spend online; agree boundaries; agrees a time to switch off devices
- stays safe online
- stays in contact with family and friends online or in person at a safe distance

Incentives and setting achievable targets can help to keep your child on track with their learning. This could be doing their favourite activities or having extra break times.

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## Talk to your child about their day and your day

Having a conversation with your child about their experiences during the day could include:

- How was your day?
- What did you learn today?
- Was there anything you found difficult today?
- Is there anything you need help with?
- How do you feel about not seeing your friends and family?
- Do you need to speak to your teacher(s)?
- Is there any other support that would help you?
- What did you learn from the programme you watched on TV?



Why not share your experiences with your child and what you learned today?

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## Tips for parents

Be kind to yourself. These are challenging times for everyone. Don't compare yourself to other families.

It will take time for you and your family to get used to the new routine. Keep trying and persevering. It's not easy but it will be worth it!

Be aware of your own screen time – a balance is good for your wellbeing too!

Try to exercise on your own and/or with your family. Remember daily exercises can be done in your living room or in a small space and are important for you and your child!

Keep in touch with family members and other parents in your school community. They may be able to help support you with practical tips to help you adjust to working from home and/or with supporting your child with learning at home.

Encourage your children to maintain their school friendships in whatever ways are possible - online, sending letters, speaking on the phone and socially distanced waves. Relationships with their peers can help with learning too!

Look after [your child's](#) and your own [health and wellbeing](#). [Eat better Feel Better](#).

Create new experiences, make new discoveries, stay safe!

