

Is your child struggling with home learning?

If your child is getting **stressed or upset** with a learning task. Stop and **park** that task for another time. Have a break, this will help your child refocus. If your child is stressed or upset they **won't be learning effectively**.

Timers help to split up the day. Egg timers and digital timers help the child to see how much time they spend on an activity. '**Bite size**' amount of time helps to keep focus.



Siblings? Are there **times in the day** such as nap time for younger siblings that may make school learning more achievable? Can younger siblings **join in the activity**? Perhaps with paint or magnetic letters rather than pens.



Remember everybody's **situations are different**.

Set up a reward jar each time someone completes a 'must do' job they can add a piece of pasta to the jar- make this realistic and achievable-at the end of the week children can choose a special film to watch or what to have for dinner **teamwork!**



There is more to home learning than just academic work that is sent from school. Activities such as cooking and washing teaches time, weight, measurement, reading instructions or recipes. **Life skills are just as important as academic ones.**



Home is not school. The suggested timetable is there to help organise activities. Complete sessions in the order which suites your family.



Create a **distraction**. Set up a simple den for younger siblings and fill it with their favourite things-cuddly toys, colouring books, they can explore whilst the older child focuses on learning. The den also allows for a **relaxing space** which feels safe for all children to explore!



We are here to help!