



Learning From Home

Tips to help you thrive or survive schooling at home

With school children now 'learning from home' parents need some new strategies to keep children on track with their schoolwork. With many parents also working from home at the same time, here are some suggestions to help you manage this new environment.

Set up a 'learning space'

Set up a 'learning space', preferably out of their bedroom or away from toys and distractions if possible. If you're working from home, keep the space close to you to avoid having to get up and down to every question or query.

Break up the day

Set up a daily structure that works for you all. If your child needs shorter sessions to keep focussed then work with that. For older children a solid block may be preferable so they finish school earlier in the day.

To-do list

Start the day, or the week, with a to-do list and structure. Set expectations for what is going to be achieved in any given day, depending on how your school is delivering content. Check in with your child throughout the day to see how they're tracking with their 'to-do' list.

Spread the load

One of the benefits of learning from home is less boundaries around time. Particularly for younger ones, consider sharing the tasks between caregivers throughout the day to share the load and spread the learning over the day.

Meal breaks

Structure your meal and snack breaks into your day. Frequent snacking or calls of 'I'm hungry' could be diversion tactics.

Most important first

Children are most likely to be receptive to learning earlier in the morning so schedule Maths and Literacy tasks early and leave enquiry and more interactive tasks for the afternoon.

Not a normal school day

Think about how much downtime children have at school: setting up, packing up, moving classrooms, chatting with classmates, recess, lunch time. Not all hours are filled with 'work'. If your child finishes their work early, that's ok! They're likely to get a lot more done in less time working undistracted at home.

Supporter, not teacher

Remember that the schools are setting the curriculum, deadlines and requirements for your child. A parent's role is to support and guide their child through their school work and keep up to date with the requirements set by the school regardless of the age of the child.

Incentivise

Particularly important for little ones, choose incentives that work for your child. It could be a formal reward chart or something less structured such as 'After 1 hour of reading and writing we will.....' followed by a 15 minute dance-off in the living room or some lego time - whatever works for your child.

Set ground rules

Be clear and consistent with expectations. Whether it's the time school starts, the schedule for the day or how much extra online activity is permitted. Set expectations so no one is left guessing.

Keep in touch with teachers

Our teachers are learning as much as parents and children. Reach out to your school if something isn't working, you may find other parents in the same boat and the school will appreciate the feedback and learnings.