



# A Quick Guide to Supporting Distance Learning for Parents

## *Guidance to create a positive learning environment at home*

### Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
- **Experiment** in the first week or two, then **take stock**. What's working and what isn't? Ask your children, involve them too
- **Share the load if there is more than 1 adult at home. Split the day into 2-3 hour slots and take turns so you can do your own work**
- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle.

### Keep to a timetable wherever possible

- **Create and stick to a routine if you can. This is what children are used to.** For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable where possible.** It's a great opportunity for them to manage their own time better and it'll give them ownership – it may be easier to stick to your child's school timetable
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
- **If you have more than 1 child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for your household**
- **Designate a working space if possible, and at the end of the day have a clear cut-off to signal school time is over**
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Distinguish between weekdays and weekends, to separate school life and home life**

### Make time for exercise and breaks throughout the day

- **Start each morning with a PE lesson** at 9am with Joe Wicks or activities that have been suggested by your child's PE teacher
- If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
- Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended

### Other activities to keep children engaged throughout the day

- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits
- Look at the enrichment activities for ideas on the distance learning page of the school website <https://plymstockschool.org.uk/distance-learning-enrichment-activities/>