

Information for Parents and Carers

The reality of educating your child at home for an unspecified period during the Coronavirus pandemic can be daunting, to say the least.

It's important to remember that nobody is expecting perfection. This situation is new to many of us – and we may never have considered home educating before.

It's okay to have doubts and make mistakes, but having some structure to your day could help you and your child through the weeks ahead.

Routines

Regular family routines and traditions build a sense of predictable security for children. Well established routines also help children practice self-regulation skills. Find the routines which work for your family.



Family Meals

Mealtime is a great way to keep structure and routine while checking in with our children.



Sleep

Despite not having to get to school, it's still good practice for your child to be up, dressed and ready for the day by 9am. Maintaining a regular waking time and bedtime will stop your days spiraling out of control and help your child to stay in a healthy routine for when they do return to school. We can get more restful sleep if we exercise in the morning or afternoon, wind down with calming activities, and avoid late eating and screen watching.



How much work should your child be doing each day?

Nobody expects you to be working with your child from 9am until 3pm. This just isn't practical, and is likely to end in tears – for you and your child!



Plan The Day

Plan your day the evening before. Work with your child to plan for their time. Give choices and share control, to help build your child's motivation to learn. You could, perhaps, write this down and then tick off as you complete each thing the next day.

When it comes to planning your day, there's no such thing as a right or wrong schedule.

Some children may work best if they work in short 15-minute bursts throughout the day, while others may be better suited to a longer, more focused session. Some will want to get their learning out of the way in the morning, but others may be more alert and ready to learn after a chilled-out morning and some lunch.

Plan breaks and free time around the learning activities. Encourage your child to play board games, build with Lego, play in the garden and bake. You'll be surprised by how much English, Maths and Science can be incorporated into a good creative play session.



Expectations

Share what is expected of them, perhaps use the school superheroes. Set limits on things like digital media. Technology can be an excellent tool to build connection with others while physically distant, but relying on media too heavily can replace time spent developing empathy, learning to ease another's stress, and connecting emotionally.

Praise them!

On a regular basis, take time to notice and discuss what is going well in your child's life. Give more energy and words to noticing good effort, behaviour, and learning habits, rather than constantly focusing on the problems or challenges in your child's life

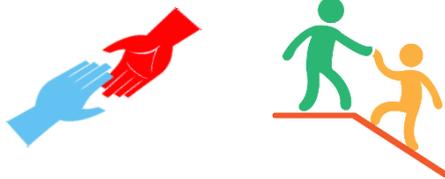


Time for play

Leave time for healthy play. Children who get regular exercise learn more, sleep better, and are nicer to be around. Find the time for nature, movement, and play. Now is the time to be creative and get bodies moving while practicing social distancing. Patterned, repetitive rhythmic activities such as walking, running, dancing, singing will help the children to feel calmer.



Reach out



Connecting with others is one of our greatest tools. It is ok to reach out, seek help, and accept assistance. Taking care of our own needs is vital when it comes to meeting the needs of our children. An unregulated child cannot be regulated by an unregulated parent.

Keep in touch with school

We will be regularly posting updates on our website and our Facebook page. Year R will continue to communicate and interact with families using Tapestry and Year 1 and 2 will do the same by using an app called Seesaw.

Mrs Mew, our Home School Link worker, is available by email to support you with any questions you may have related to school at c.mew@elsoninfantschool.co.uk. For an immediate response, email between 11 – 12 every day.

Top tip!

The best tip is be fully present with your children early in the day. What the children need most at the moment is to feel comforted and loved. Fill their days with play, silliness, active listening, physical touch and laughter. They'll feel safer, which means they're happier while you work or take time out. You'll also feel better.



RELAX!

The entire population is in this together. Your children aren't going to miss out. The children's mental health is more important than their academic skills. If it all gets too much, curl up on the settee and read a book together. Remember, whether or not they're engaged in homework, your child will be learning from you, and showing resilience, determination and flexibility will equip your child with skills for life.



Links to websites with useful resources to support your child's emotional development

<https://hampshirecamhs.nhs.uk/help/young-people/coronavirus-help-support-and-advice/>

<https://www.flipsnack.com/CSKidsBooks/what-s-going-on.html>

<https://beaconhouse.org.uk/resources/>