



Remote Learning Tip Sheet

Have a schedule - Design a schedule which is user friendly and stick to it. If possible, it would be best to start early and work in short segments - think of how your child's day is structured in school. It comprises of segments of work time interjected with several movement and rest breaks. Likewise, your home school schedule should be made up of reasonable work segments interjected with food, rest and play breaks. Nobody wants a home school day which goes on from morning until night so keep the schedule in a timeframe that works for you. It is important to stick to the schedule as children thrive on routine. When you yourself know there is a start, a middle and an end to it, the schedule is easier to stick to and will be more beneficial.



Signpost work time - No one likes to have work sprung on them! Try to have allotted work time signposted on a visual schedule that is accessible to children. This prepares them for the idea that work is about to begin. It also shows them that when the work is finished, it's time to play.



Find a suitable space - Bedrooms are not the place to do work. Distinguishing between a "workspace" and a "rest space" is important. Just like when they are in school, children need to have a place where they can focus and a place where they can rest and relax. Having separate work and rest spaces can enable children to focus on the task at hand, whether that's schoolwork, rest or play. If you are working from home yourself, think of the advantages of having a dedicated workspace and a space where you feel you can relax.



Keep screen time to a minimum - Disengaging children from screen time, whether that is TV, iPad, or gaming console, is difficult. Having a battle of wills just before you are about to sit down to work will impact both you and your child's ability to focus on that work. Likewise, transitioning immediately from very active play to sitting and concentrating on work can also be difficult. Your child will need time to adjust from very engaging play to working on schoolwork; reading, drawing, eating or low-level sensory play such as playing with playdough can help with this transition.



Discuss, encourage and display work - Children will be more enthused about their work when they feel acknowledged for their efforts. Commenting on process over product motivates children to keep working. Mentioning how hard he or she has worked, how much effort was put in, how much care was taken, how much thought was put into something will work wonders. Displaying work will give children a sense of pride in their efforts and show them that their efforts are worthwhile and meaningful.



Bring a sense of you to it - Children will always be more engaged in anything when it provides time to connect with meaningful others. Seeing work time as an opportunity to share quality time together will foster willingness to take part.



Try to stay positive - Negativity is contagious but fortunately, so is positivity. Maintaining a positive mindset surrounding your child's home schoolwork will ensure that it remains something to look forward to as opposed to something that is dreaded.



Don't be too hard on yourself - If you don't know the answer to something, acknowledge it and learn the answer with your child. If your schedule is not going to plan, don't abandon it - adapt it. If you are finding the process challenging, recognise that you are not the only one. Everyone acknowledges that this is a very challenging time for parents, but it will not last. Parents have shown remarkable resilience in recent times; if children learn this one lesson alone, they will have learned a vital and valuable skill that will help them throughout their childhood and beyond.

