

LEARNING AT HOME: HOW TO KEEP YOUR CHILD ENGAGED

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As most of us move into a learning from home model because of COVID-19, many parents are feeling overwhelmed with the reality of schooling at home. To support learning at home, you're not required to be an expert or an educator. Your role is to be a parent and to partner with your child's school to support your child learning at home. It is important to recognise that this will be a journey and there is no expectation for it to be perfect. Below are some tips that we hope will help you in supporting your child learning at home. Explore the underlined words by clicking on them to access further information.

Be kind to yourself

- ✓ Don't put too much pressure on yourself to be perfect or feel you should know it all.
- ✓ Take comfort in knowing that school-based lessons rarely go perfectly even for professional teachers.
- ✓ Take breaks when you start to feel overwhelmed.

Establish family routines

- ✓ A healthy daily routine is great for concentration and learning, as well as mental and physical health. When establishing a routine for learning at home, consider:
 - » Waking at usual times
 - » Preparing 'lunchboxes' in the morning and eating the contents at usual break times
 - » Dressing in full (or part) school uniform
 - » Scheduling in movement and brain breaks. [Go Noodle](#) and [Rainbow Yoga with Adrienne](#) are great websites with lots of different activities for you and your child to do.
- ✓ Be flexible with your routine and adjust if it doesn't work the first time (or the second or third time).
- ✓ Follow the advice provided by your child's school regarding virtual lessons and how to access them and incorporate them into your daily routine.

Establish family expectations

- ✓ Learning from home takes some time for both parent and child to get used to, so establishing what you expect from your child and what they can expect from you is important.
- ✓ When establishing family expectations, consider including:
 - » A morning and afternoon check-in, asking questions such as:
 - What will you be learning today? What resources/support do you need?
 - Do you need help with something to make tomorrow more successful?
 - » A plan for how you might manage tension. See information from the [Red Cross](#) on how you can defuse family tension and conflict.

Set up the learning environment for success

- ✓ An environment in which your child feels comfortable, has minimal distractions and allows them to focus will work best.
- ✓ Learning at home should take place in a shared family space (such as the dining room) rather than your child's bedroom.
- ✓ [This checklist](#) will help you to set up a home learning environment for your child.

Remember, your child's teacher will be available to provide support and guidance along the way, so keep in contact with them.

