

A PARENT'S GUIDE TO SUPPORTING CHILDREN LEARNING FROM HOME



SET UP A QUIET LEARNING SPACE

Find an area in your house where your child can sit comfortably and focus.

Ideally away from a TV screen or other distractions.



ESTABLISH ROUTINE

Your school should give you some advice and a guide for what your child should be doing during the day, however establishing a home routine is important.

Start and end each day with a check-in to help your child understand the instructions they get from their teachers and what should be accomplished each day.



LOOK AFTER THEIR WELLBEING

Make sure your child has breaks and is not getting stressed or anxious.

Encourage healthy eating habits and make sure they drink enough water.



COMMUNICATION

It is important that you talk to your child regularly about their learning. Check in each morning and afternoon and ask about their learning experience.

Ask questions such as:

- What are you learning today?
- How will you be spending your time?
- What did you learn today?
- What was challenging?



LIMIT UNNECESSARY SCREEN TIME & TECHNOLOGY

It is important that you supervise your child to use technology safely and put limits on the time they spend online.



ENCOURAGE REGULAR EXERCISE BREAKS

This might mean going for a walk, using exercise DVDs and apps, dancing, floor exercises or using home exercise equipment.