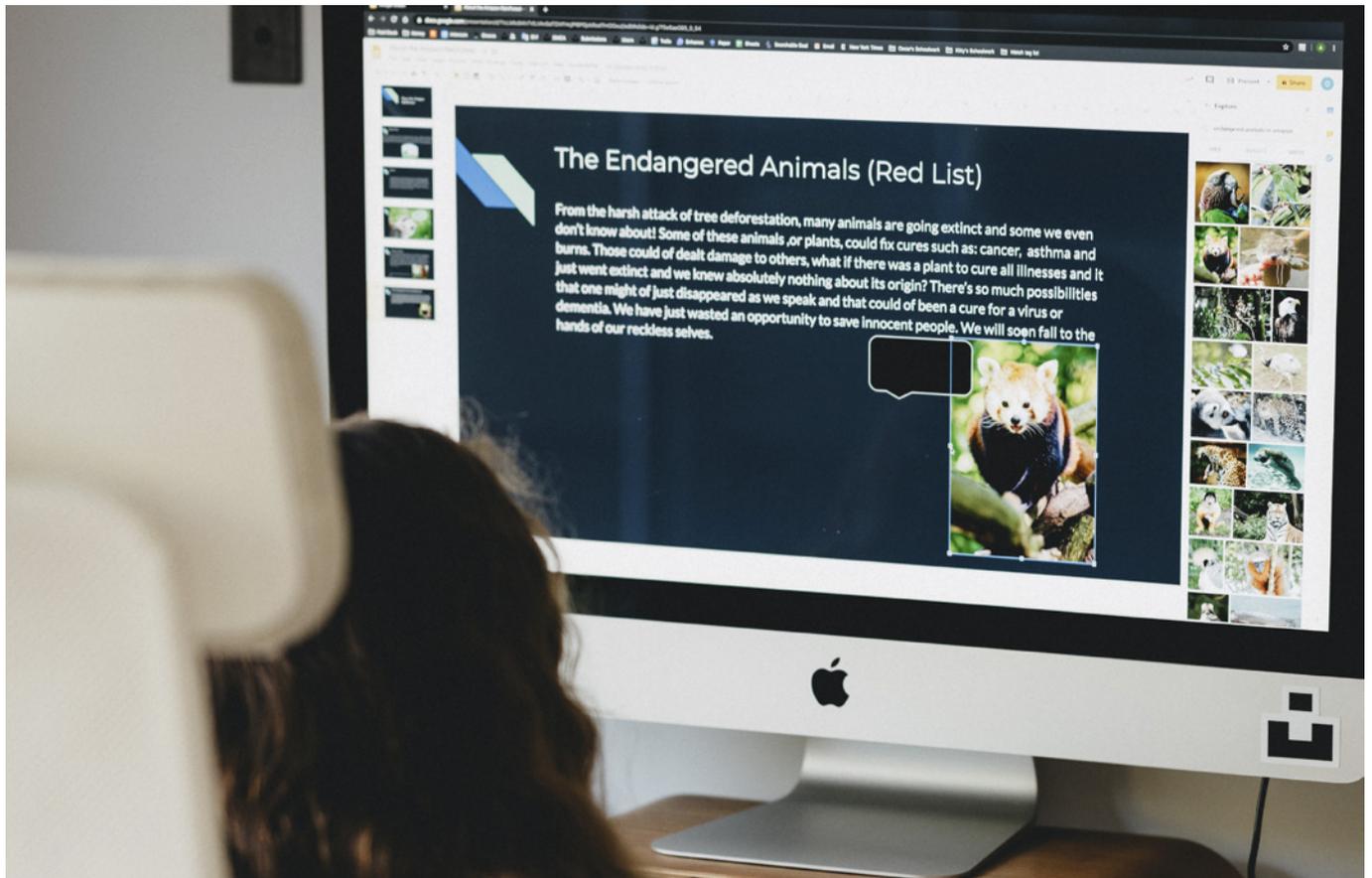


SCHOOLING FROM HOME TIPS FOR PARENTS

As we get further into the year students and parents will need to adjust to the change of working while trying to assist in schooling from home. For a lot of families this is going to be a challenging period however with the implementation of certain strategies it can be done!

It's important to remember that you won't be acting as the teacher in this situation. Your role is as a facilitator or teacher's aide, assisting and supporting your child to get as much learning as they can during this period of time.



IT'S NOT GOING TO BE EASY...

Implementing a plan for your family is the best way to get the most out of this situation. It is important to remember that school staff are still available for assistance during this time. If you are working from home during this period use the time your child is learning as your working time. Additionally, depending on family dynamics, parents can work in shifts allowing each other time work (or relax).

For more information on working from home visit;
lovemeloveyou.org.au

For support during this time please visit our Support Pathway via lovemeloveyou.org.au/support





SCHOOLING FROM HOME TIPS FOR PARENTS

HERE ARE OUR TOP TIPS FOR JUGGLING THIS CHANGE

ROUTINE IS CRITICAL Creating structure similar to that of a school day for your child encourages learning and concentration. Schedule eating and break times that suit your child's learning.

PROVIDE AUTONOMY Give your child an opportunity to create their own timetable. If Playstation/ Xbox is scheduled in every morning, then discuss alternatives/compromises.

SCHEDULING CLASSES Break down the day into different subjects focusing on each one for similar time to periods at school.

SCHEDULE BREAKS Regular breaks are critical. Frequent short breaks that involve movement, creativity or reading are great for keeping concentration levels high.

DON'T EXPECT NON-STOP WORK Any expectation that work will be completed for the entirety of the school day should be let go. This is unrealistic. Incorporate reading time or creative tasks as to help throughout the day.

YOU AREN'T THE TEACHER Remember that schools will provide curriculum to follow. Your role is to be the teacher's aide. Provide feedback and assistance when necessary. Be available to help but allow your child to find solutions.

PROVIDING FEEDBACK Focus on how much effort was put in, willingness to learn and level of concentration. Teachers will provide learning task feedback.

CREATE AN INDIVIDUALISED PLAN If you find your child learns better in the morning then adjust. Alternatively, if you find splitting the day up into two blocks works best then go with that plan.

SETUP WORKSPACES Have a designated workspace for school/work to help to increase productivity.

COMMUNICATION IS KEY Create discussion about learning tasks, challenges faced and plans to overcome. Keep checking in with your children as to how they are progressing, offering help as they feel they need it.

