



Home Learning Guidance document for parents and carers

Corona virus disease (COVID-19) and what this means for families with children at home

At Priory School, we are conscious of the anxiety, stress and uncertainty that may be experienced by our children and parents and carers of our children whilst the school is closed. To support you, we have created a **guidance document** which sets out ways to relieve these feelings to help create a sense of 'normality' within the home at this difficult time.

Whilst we have sent out Home Learning packs, we understand that your child may be unable to complete them for a variety of reasons. These packs are not compulsory and are there as guidance to support your child in their learning. We fully understand if your child is unable to complete the work in the packs and we would request that children only do what they feel they are able to and what they want to. It is important that they are not placed under pressure to complete the work. You may be very keen to help your child, but if you feel anxious, your child will take emotional cues from you at a time when they need to feel most safe.

Unicef has a very useful website with information to support parents and carers

<https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>

<https://www.unicef.org/topics/parenting>

Do	Do not
Monitor your own feelings and remain calm.	Overshare your fears and concerns
Make note of your child's feelings. Talk to them.	Insist that your child finishes some or all of the activities in the pack.
Walk away if your feelings are becoming unmanageable	Insist that you child sits down at the same time every day to complete work.
Allow your child to be upset. Give them space and understanding.	Insist that a routine you have set must be stuck to. This may need to change according to the needs and feelings of your child and your family.
Allow your child to tell you how they are feeling.	Reprimand your child for not attempting or finishing work
Create a space for your child to try to complete home learning if possible .	Worry if you are unable to help your child. Let them do something else instead.
Timetable the use of technology to reduce squabbles	Get cross or raise your voice
Limit time for using technology. See other activities below	If you do not have the equipment / stationery to carry out a particular task, do not do the task.
Encourage older children to help their siblings	
Make a schedule with your child if you feel this will provide routine and consistency.	
Pick and choose from the activities provided or allow your child to pick and choose their own.	

Allow your child not to complete activities.	
Suggest that your child completes activities at different times of the day.	
Do something else in place of home learning	
Give your child lots of praise and encouragement	
Create a reward chart with your children.	
Give your child lots of cuddles and love	

Other things *you could do* to keep your child engaged at home

Time to talk

Having conversations with your child and family are valuable opportunities to build vocabulary and reinforce social skills. Schedule in 'technology free' time. Enjoy meals together. Play games together. Play family board games where children play in teams and work together. Ask children to invent their own games with rules.

Time to connect

Schedule in 'down time'. Let your child use their phone or other means to connect with their friends and family.

Time to help

Encourage your child to help, for example: tidy their bedroom, lay the table, make their bed, help to cook, help with the gardening, wash the car. Introduce rewards for doing this.

Outside

If you are fortunate enough to have a garden or a balcony

- build a den using blankets and chairs
- do some gardening
- watch and listen to the wildlife
- watch and draw insects and birds
- make a nature trail
- use twigs, stones, leaves to make a natural collage
- create play zones
- create an outdoor gym
- create an obstacle course