



## Some top tips on setting up a good home learning environment & routine!



- 1) **Try to make sure your child has a good space to work at-** a dining/kitchen table with a comfortable chair is perfect, and the more natural light the better. *Sitting on the sofa or in bed is not ideal- children will struggle to write well & concentrate.*



- 2) **Think about your child's chair.** Ideally, they'll be able to sit comfortably with their feet flat on the floor, but that probably won't be possible if they're at the kitchen table and have little legs!
- 3) **Somewhere where it's easy to keep an eye on older children is good.** It's great to let older children be independent but do keep half an eye on what they're doing, and make sure they're not being distracted by games, messages and YouTube.
- 4) **Minimise distractions.** That means no tablet by your child's side, unless they're using it for work, no TV to distract them, maybe even no pets in the room! Put away their mobile phone too, if they have one: we all know how hard it is to ignore the 'ping!' of a new



message. *Remember, though, that your child is used to working in a busy classroom, so you don't need to shroud them in complete silence.*

- 5) **Have all of your child's supplies—pencils, paper, pens for example—ready and easily accessible in their learning space.** Encourage your child to keep their space organized and clutter-free. Perhaps you could give them a small reward each week if they successfully keep their space clean!
- 6) **Encourage your child to personalize their learning space** by adding decorations, artwork, or anything else that might help them to stay motivated and be inspired.
- 7) **If you have multiple children and limited space, try staggering the use of the shared space** by giving each child a schedule for using the space. Give each child a box to organize and store their studying materials. They can take this box and set up in various spaces as needed.



- 8) **Having your child's timetable on your child's desk or stuck to the wall** can help them see exactly what they should be doing at a

glance. This will help establish a routine. You could also put a clock or watch on the table, or use a timer so your child can see how much time to spend on each task.

- 9) **Having a clear routine to start and finish** home learning.

Getting equipment out and tidying it away when finished is a good way of signalling when it's time to learn and when it's time to play.



- 10) **Be smart about snacks** – Children will find it hard to focus if they are hungry or thirsty so before they start working make sure they've had a good breakfast and timetable in healthy snack breaks between tasks.

- 11) **Find your new routines.** Consistent routines are important for behaviour in school and our routines at home have changed significantly. Routines support behaviour, and you will be finding a new rhythm for your family.

- 12) **Look for the positives.** Because you need to be on the ball when things go wrong, it is easy to focus only on the unwanted behaviours and spend time addressing those with our children. If we can also catch them doing things right and praise this behaviour, we're likely to get more of it. Could your daily routines include activities where your child is likely to make you proud?

- 13) **Model the coping techniques you are using.** Children are still learning to self-regulate their emotions and behaviours. It's likely that we will also face new challenges during this period: finding a new workspace, managing anxiety, being productive under new circumstances. Talk to your child about the struggles you face and how you are addressing them – and don't be afraid to be open about getting it wrong and trying a different strategy. Encourage your children to explain the approaches they are trying too.

- 14) **Remember, there are no shortcuts.** The most important principle for teachers in managing behaviour is to get to know and understand each pupil individually. This is good news! You already know your child. Speak to your child and trust your judgement about what works for them above any generic advice.

