

## Homework Guidance for Parents and Carers

- We are focusing mostly on English, Maths, PSHCE, IT and Science. We have added lots of suggestions of things that are fun to do and most of these can be done at your own pace and in your own time.

*Please see suggested activities for English, Maths, PSHCE, Computing and Science*

- There are dozens of good websites, and lots and lots of good programmes being created on TV and via social media. We know it is hard for you to monitor all of these, so we have been providing suggestions to specific websites which the children are familiar with.
- Don't try to replicate a full school timetable - It won't be possible to replicate a full school timetable for a variety of reasons.
- Expect stress - This is an uncertain and unpredictable situation, stress and anxiety are normal.
- Reassure children - Children can sometimes believe they are responsible for things that are clearly beyond their control. Reassure children that it is the adult's job to make sure things are OK and to keep them safe.
- Have a routine and structure - Having a plan and a predictable routine for the day can be very reassuring. As adults we like to know what is going to happen, and children like this too. A consistent routine lets everyone be secure about the plans for the day. It is often useful to involve children in creating this routine, so that they feel part of the plan, rather than the plan being imposed on them. You could display the routine using a timeline, or maybe pictures and visuals. Encourage children to develop independence by referring to their own routine/plan themselves.

*Please see attached an example of routine plan*

- Don't worry if the routine isn't perfect - Remember, this isn't a normal situation. If you find that planning and sticking to the routine is causing more stress, friction or conflict, then it's OK to be more 'free-flow'. Perhaps be guided by the activities that children want to do.
- Avoid putting too much pressure on academic work - Most parents and carers aren't teachers and so it's OK not to be doing 'school work' for six hours a day. It might be more important to be spending time together, building relationships, enjoying shared activities and reassuring children, as opposed to replicating the school timetable.
- Supervise children with screens - It is likely that children and young people will be using screens more often over the coming weeks e.g. phones, tablets, gaming consoles and the internet. If this is the case make sure they are supervised. Ensure appropriate content filters are active - the UK Safer Internet Centre offers guidance on setting up parental control.
- Play - Play is fundamental to children's wellbeing and development - children of all ages! It's also a great way to reduce stress in adults.