

## Remote Learning - Top Tips for Parents

**Take an active interest in your child's learning** – It's new to you and to your child and can be tricky to start off with. Take an interest and help support them whenever they just need a helping hand.

**Monitor your child's communication and online activity** – Remind your child that although they are at home they must still act and behave as they would in school.

**Have a routine and plan for the day** – Try to stick to a daily routine using the timetable/plan that school has supplied to help children keep on top of their learning.

**Ensure that your child has regular screen breaks** – Remote learning will mean more time spent looking at a screen. Encourage screen breaks and some fresh air and exercise at least once a day.

**Any learning device should be in a public space at home** – Ensure that your child's work area is in a public space in the home and not a bedroom. Be mindful also of any personal information in the background.

**Set child restrictions and use safety controls on any apps and software** – Check your safety/child controls and add restrictions if necessary. Be aware of the apps that your child is using.

**Ensure your child only uses the correct school communication channels** – Only communicate with the school/teachers through the class emails or on the Zoom sessions.

**Make yourself aware of the relevant school policies** – Familiarise yourself on the school policies around remote learning. These can be found on the school website.

**Keep regular contact with teachers** – Email child's work on a regular basis to the class teacher using the class email addresses. Engage in communication when the teacher makes contact for a check in.

**Keep an eye on your child's wellbeing and mental health** – They may be finding things difficult and missing their friends. Try to get out for walks and fresh air daily. Encourage participation on new Zoom sessions.

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### Some tips from our parents:

- Be kind to yourself! As a parent juggling so many different things, it can be easy to get lost in trying to do it all. A reminder that you are doing the most incredible job out there.

- An ipad or iphone is the easiest way to 'Add a response' if it's a video or photo. Remember though that notes is good too and can be less of a faff than uploading videos and photos.

- Screen breaks seem to be needed now more than ever with some fresh air really helping our eyes and our minds!

- Message a teacher at the school or a friend with any questions rather than getting frazzled attempting to solve an issue (especially with the eyes and the possibly high expectations of your kids around!).

- My top tip would be to have a play around with See Saw first on your own - maybe in the evening not when you're trying to actually do the lessons. This helped us, stopped our child waiting for me to work out what I am doing each lesson. Do the prep work, so the child/children doesn't get bored while you're looking at the lessons.