

**Barrier to Learning:**

**Having low expectations/esteem/aspirations and/or a fixed mindset**

**What might we see or hear?**

- Believing you are not good enough.
- Being unable to accept failing as part of learning.
- Being unwilling to take risks.
- Being unwilling to make mistakes.

**How you could help at home:**

- Praise effort and practice.
- Make time to give your undivided attention to listen without interruptions.
- Be a role model and show how you manage when things don't work the first time.
- Try something new together.

**Barrier to Learning:**

**Not being supported to succeed in school**

**What might we see or hear?**

- Being overtired.
- Being frequently absent from school.
- Not being ready for school e.g. missed breakfast, lateness, missing equipment/kit.
- Being discouraged by hearing others' talk negatively.

**How you could help at home:**

- Ensure your child gets a good night's sleep. Primary school children need at least 9 -11 hours sleep.
- Send the message that you believe in them and their future by valuing the importance of learning at home and school.
- Have a shared goal with your child of aiming for 100% attendance.
- Be mindful of the messages you pass on to your child. Some might limit their thinking. For example, If you say "Don't worry, I was rubbish at maths," they might think this means they shouldn't even try.
- Have a school day routine that includes breakfast and having the right stuff for the day. It might suit you better to do this the night before or have reminders on the fridge or by the front door. You might like to try sticker charts/simple rewards to encourage children's independent organisation skills.

**Barrier to Learning:**

**Not having the same opportunities, experiences, knowledge & skills as most children their age**

**What might we see or hear?**

- Not understanding/using a wide vocabulary.
- Not making desired/expected progress.
- Not having a space at home to work or the right equipment.

**How you could help at home:**

- Talk about everyday events at home, school and in the wider world.
- Ask your child to tell you about their learning that day.
- Hear your child read every day.
- Encourage your child to use Bug Club. (Rec/Y1/Y2 have this.)
- Ensure your child has the right environment and equipment at home to support learning. (Please don't be afraid to ask school for help with this if needed.)