

Supporting Your Son/Daughter Through Online Learning

A Parent/Guardian Guide

Establish routines and expectations

Look at your family's schedule and agree the best times for learning. Support them in planning a start time, break time and a time to finish.

Choose a good place to learn

Help your son / daughter to make space for learning - It's important to set up a quiet, clutter-free area

Stay in touch with the school.

Schools and teachers are happy to advise and support your role in your son / daughter's online learning

Help students' own their learning

Help your son / daughter to find ways to work and learn which best suit them. Work with their strengths and celebrate achievement.

Check in regularly

Be familiar with the school's learning plan and check in with your son/daughter each day to discuss how you can help.

Plan for balance

Plan some exercise, activities, and non-screen time. Provide healthy meals and snacks. Manage stress by encouraging them to talk

Plan for shared use of devices

If you have only one device, plan for who gets priority and when. Aim to support work in bursts of 30/40 minutes

Remove distractions

Make a list of the things that distract your son/daughter (social media, TV, pets...). Then, find ways to limit them during learning time

Talk to other parents.....

Other parents are a great support. Share ideas, tips and/or concerns.

Remember to encourage your son/daughter to stay connected with friends