

## EDUCATION RESOURCES

Psychological Services  
Principal Psychologist Sam March

# Supporting your Child with Learning from Home

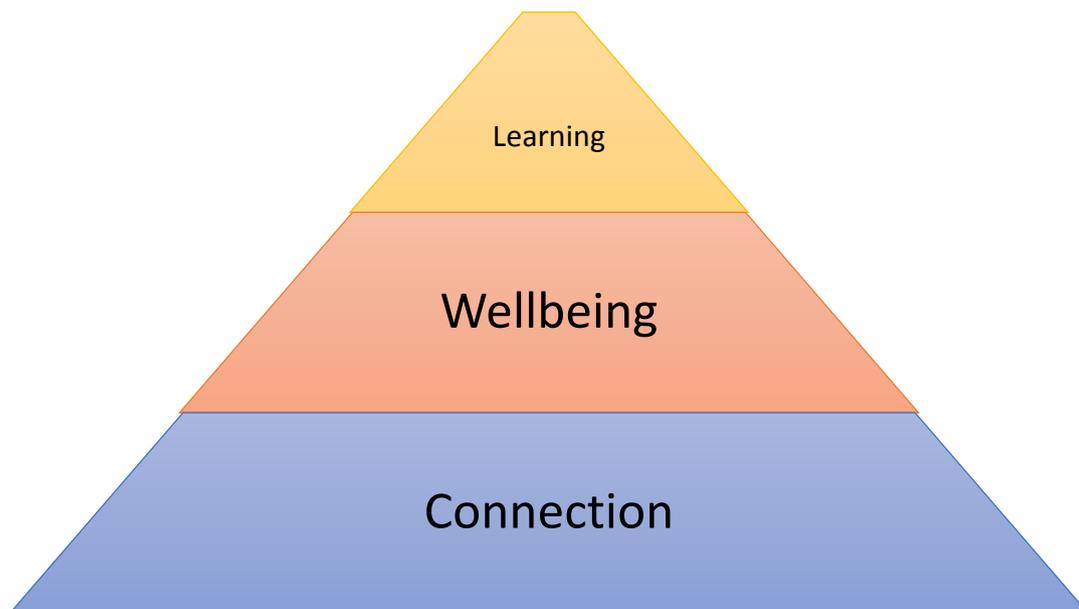
Advice from South Lanarkshire Council Psychological Service

**Remote learning** has been a huge change for children, parents and teachers. General restrictions mean we are all missing out on many things that make us feel safe. Managing remote learning can feel like an added pressure. This guide is to help you think about how to manage that pressure and make learning at home easier for everyone.

Remember that children usually bounce back from difficult situations if we look after their **wellbeing**. This means making sure they are physically and emotionally well.

Good **connection** between the adult and child is essential for wellbeing. Learning only happens when these things are in place. So, at the moment, it is important to focus on **connection** and **wellbeing** first, to make sure learning can happen.

It is great that schools are able to continue to offer learning experiences through technology. These learning tasks will need to be managed differently for different children. Some days we'll need to focus more on **connection** and **wellbeing**.



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## Learning

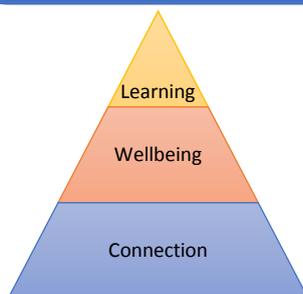
- Remember you are not your child's teacher. You are there to support your child and help them work things out.
- Try to keep your interactions positive: smile and talk about what is going well.
- Tell your child what you like about them and what you are pleased to see them doing.
- Spend time reading stories, playing games or doing chores together. This is learning too.
- Have a predictable routine by sticking to times for getting up and going to bed, for meals and for doing schoolwork.
- Finish school time with a chat about what has gone well and what they have learned.
- Talk about any difficulties you managed to work through together.
- Adults need connection too. Make time to interact with people who support you.

## Wellbeing

- Make time for friends and family. Screen time can be important for socialising when we can't meet face to face.
- Don't do all learning on screens.
- Move around throughout the day. Do quick exercises, go for a walk or just stretch.
- Try to spend time outdoors, if possible.
- Make time for fun every day.
- Accept that things won't always go to plan. Notice and talk about what goes well.

## Connection

- Be flexible. It's OK not to do everything. You could:
  - do fewer examples/questions on a worksheet.
  - let your child choose how to complete tasks (writing, typing, talking about the answers).
  - take a break when you feel stuck and come back to it later.
  - leave tasks that feel too difficult.
- Communicate with school staff about what is working well and what feels difficult.
- Ask your child to tell you about what they have been learning.
- Praise your child when you see them making an effort, even if they don't manage. to do all of the work.



**With connection and wellbeing children will learn.**

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