

Surviving "Home-school" Getting Back to Basics and "Ready to Learn" Top Tips



We are living in unprecedented times. You haven't done this before and, like the rest of us, perhaps you are feeling slightly overwhelmed by everything that is going on around you... Let's take the pressure off ourselves as parents. Most likely, you are not a teacher! Please don't worry; your child's school do not expect you to become one overnight!

What you can do is simply do your best. Children do not need perfect parents, there is no such thing. What they do need is for you to be attuned, warm and sensitive at this time and help make them feel safe.

Why don't we take this time while we are at home with our kids, to strip everything back and get back to basics...? Here are some top tips coming from RISE NI to help you do just that while also supporting and developing your child's sense of safety and readiness to learn.

A Sense of Safety...

Research shows that children who achieve the best outcomes have parents who use an **Authoritative parenting style**. These parents offer children lots of support and love, but also have clear and consistent limits for behaviour. These parents are demanding about expectations, establishing a few clear and concise rules that everyone should follow with clear consequences, but they offer children support to learn how to meet expectations. Children tend to grow up being more resilient with high self-esteem, they do better at school, get in less trouble and they find it easier to develop relationship as they get older. We want our children more than ever to become resilient and come back stronger following this time of uncertainty...

Regular routines, where the same things happen in the same way at the same time each day, are very important for supporting children's positive behaviour, sense of safety and security. It can prevent a lot of tantrums and arguments and support cooperation because children learn what to expect.

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They will be well used to following a classroom schedule. Why not make a daily schedule of activities with your kids, including worktime, playtime and breaks. You can provide them with some choices and include them when establishing your schedule. If something changes, try to warn them in advance to avoid upsets. When moving from one activity to the next, don't just suddenly change the activity! Give them a warning in advance e.g. use a timer, or give a countdown- "In 10 painting away, and time to clean up... in 5 painting away... etc.". You can use words or pictures for your schedule, a white board or simple a sheet or paper. *See example visual schedule attached.*

Readiness to Learn...

From the RISE perspective, simple everyday tasks and play will do wonders for your child's development and readiness to learn. Focus on establishing the following routines in your household. If this feels too big, start off with just one routine at a time and build on it! 😊

1. Eating together
2. Reading together
3. Playing together
4. Help me do things for myself
5. Help me sleep well

Check Out:

- "Ready to Learn" parent leaflet for more information on each of these areas listed above. Don't worry if your child is bored sometimes. This will serve to encourage creative thoughts, self-regulation and problem-solving skills. This is the time to encourage creativity, self-help skills and relationship building with you!
- Play Matters article (attached)
- Guide for parents to helping their children read (attached)
- Simple activity ideas for Preschool, Primary 1,2,3 and 4 (attached)
- Language based games (attached)
- Creating an obstacle course at home (attached)
- www.elsa-support.co.uk- emotional literacy support website which has lots of free colouring, cutting and craft resources, and a dedicated Coronavirus support section with free daily activities and resources
- <https://www.Cosmickids.com>- yoga for strength, balance, confidence and supporting attention and sense of calm
- Child Mind Institute- YouTube videos on "Make your home feel safe"; "Managing Screen time"

We will be adding to this section to update you on more activity ideas. Keep posted!