




### Supporting Learners at Home

Here are some strategies that you can use at home to support your child with managing their home learning, or are just not coping at any point during lockdown.

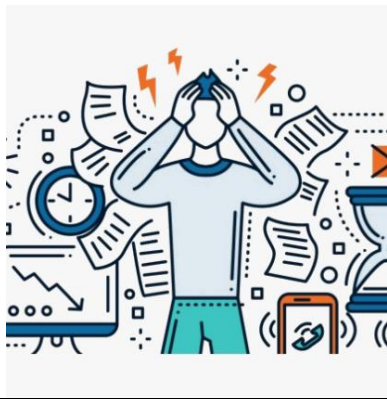
	<p>1) Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.</p>
	<p>2) If your child is feeling stressed with school work online then you can give them a break; have a stretch, drink some water, bounce a ball for five minutes etc. It is okay to take a break from learning and it is okay to not complete the work all in one go.</p>
	<p>3) Break up the work into smaller chunks and if you can, use a visual cue, task plan or now and next board to show them what they have to do. You can create your own or we can help you make one.</p>



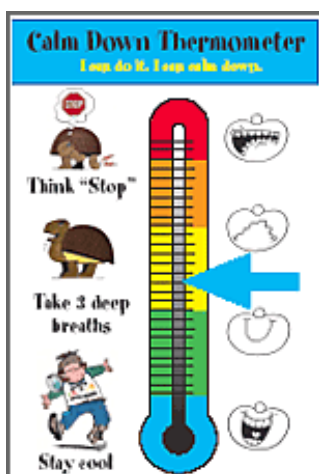
4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson (or equally, to set boundaries on free time). You can use online timers, such as the one here - <https://www.onlinestopwatch.com/> or you can buy one online.



5) Make sure that they get some downtime and they get some time to relax.



6) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe. Let them do something that they like; something that will calm them down.



7) Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.



8) Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or can be more of a specific product, such as a sensory cube or tangle toy.



9) If your child uses a coloured overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - <https://www.aurelitec.com/colorveil/windows>



10) Do not struggle alone: ask for help. We have a lot of information of parent/carer groups, useful websites, and the details of local and national agencies that can support you and your child.