



Hints and Tips!

(Designed to help parents survive lockdown!)

Change your mindset!

It's completely normal to feel stressed, overwhelmed, and uncertain, given the circumstances. As long as your child is joining in with the work, in whatever way is best for your family, it's okay—what's most important is keeping your family healthy

Reduce stress with a routine!

- ❖ Outline a rough plan each day.
- ❖ Divide the day into chunks
- ❖ Give yourself more time than you need
- ❖ Be flexible and take lots of 'brain' breaks

Be aware!

Remember whilst you need to support your child to access their learning, you are still their Mum, Dad or Carer first.

Adjust your expectations!

Try not to expect the world of yourself or your child. Accept the fact that they may not be as productive as you'd like them to be, which is okay. Don't expect your child to sit for hours each day. Instead, focus on giving them as much opportunity, encouragement and praise as you can to do the work provided.

Look after you!

- ❖ Set aside some time to unwind.
- ❖ Appreciate what you have achieved and celebrate it.
- ❖ Focus on the positive and leave the negative alone.
- ❖ Seek support from school if needed

Help us help you!

Keep checking our school newsletters, website, Twitter, Evidence Me and Parent Pay for news and links to further support.

We're here to support!

If you need any further support, please don't hesitate to call us.