



# Seaford North Primary School

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## Learning from home – Parent Tips.

### How to support your child

#### You can provide support for your child by:

- establishing routines and expectations
- providing a space for your child to work in
- monitoring communications from teachers
- checking in with your child often to help them manage and pace their work
- monitoring how much time your child is spending online.

### Setting up a learning environment

Where possible, extended learning should take place in a space your family shares. For example, a lounge room or dining room. These spaces are preferable over a bedroom, where:

- it can be isolating for your child
- supervision can be more challenging.

#### It should be a place:

- that can be quiet at times
- that has a strong internet signal, if possible
- where you or another adult is present and monitoring your children's learning.

### Establishing routines and expectations

- Start and end each day with a check-in.
- Encourage regular exercise breaks. Options could include exercise DVDs, apps, dancing, floor exercises, yoga, walking around the garden or using home exercise equipment. For example, a stationary bicycle, basketball hoop, or other sporting equipment.
- Encourage healthy eating habits and drinking enough water.
- Keep normal bedtime routines for younger children. Expect the same from your older primary and high school aged children too.

It's important that you set these kinds of expectations as soon as learning from home begins.