

Tips for Home Learning

- Establish an organised place for homework time. Use this place every time. *Ideally sat at a table.*
- Remove any possible distractions like toys.
- Turn the television off so that it is easier to focus.
- Provide a snack.
- Schedule breaks.
- If your child is struggling to stay focused, use a timer (1 min+) and provide short, regular breaks.
- Make expectations clear and consistent.
- Use a visual timetable to set a structure and prepare your child for a change of activity. You could involve your child in organising the daily timetable - *this could help them feel empowered and may encourage greater involvement.*
- Use a reward chart to praise your child regularly.
- If you are finding a specific behaviour particularly challenging, you could try creating a reward menu to praise your child when they have made the right choice. This menu should include rewards that motivate your child, e.g. iPad time, colouring etc.
- All rewards and consequences should be consistent so that your child is able to recognise consequences of behaviour (positive or negative).
- Time out - things are very different at the moment and many children (and adults) will struggle with the change of routine. Use a time out to avoid escalation of behaviour and to calm your child down. Use a consistent 'time out' area and a set amount of time - use a timer. Once time out is over and your child is calm, try to discuss why time out happened and how it can be avoided next time.
- Avoid giving attention to negative behaviours. Instead, try overly praising the positive. Focusing on the positive will make a change in behaviour much more likely.