**Some tips for parents to help their child with studying from home**

1. Firstly remember you are not a **TEACHER**, you are a parent who wants to help and support your child through this challenging time to the best of your ability. It is important not to put yourself or your child under stress at this time trying too hard to replicate school, this is home and a temporary school. On the positive side routine established now will be good for your child helping them to become independent workers.
2. Keep in contact with the school and ask for help, your child’s school wants to be there for them and you, they have not gone away. Schools have established websites and APPs so use them.
3. If possible keep a quiet, well-lit tidy space for them to study. Clear a space in their bedroom near a window. Put up work such as drawings that your child completes for example in your kitchen, show them you are proud of their achievement. This is something you should do to help your child’s confidence and self-esteem even when they are at school and bringing work such as drawings home.
4. Make a timetable with your child and stick to it, do not keep changing it or allow your child to dictate when they want to study. Have everything they need books stationery and especially water ready before they sit down. They need breaks too, they don’t sit all day in school, they have break time, lunchtime and walk around. You are not expected to sit your child at a table from 9am until 3pm. Even if your child is only doing a few hours a day they are achieving, it will be hard for them to sit in one place, be practical.
5. It is not all about books, being creative is important too. Get involved with your child, read, paint and draw with them, use this time to further develop your relationship with them. Encourage and praise them. Give them a token when they complete their work, for example stars drawn or stuck to a sheet.
6. Encourage your child to keep contact via trustworthy media with their peers, they need this contact for their own mental health and peers are a good source of support and help. If using mobiles or internet always keep a check on what is being discussed with friends or when using any website.

**Remember only part of your child’s day is school work but they also need downtime, TV time, peer and most importantly family interaction time.**