**Remember schools have teachers, secretaries, cleaners, cooks, mid-day supervisors and more all doing one set job role. They don’t have to juggle all of these things at once. They don’t have distractions or other demands on them during those times. So be kind to yourself, you are doing multiple job roles all at once. It is not realistic to recreate school at home which is what is being expected of many, be kind to yourself - you’re doing an amazing job.**

**To help you with the amazing job you’re all trying to do here’s our handy top tips shared with us by other parents.**

*“We have a set routine of subjects and breaks and as long as we stick to that he is happy. He doesn’t like writing tasks so sometimes we do something different, like draw his ideas or do a mindmap, or I scribe for him.”*

*“I got round problems with home learning by calling us a ‘school’ and he has his name on the desk he works at.  I know some parents get their child to wear their uniform for activities but we don’t do this. He planned when we would do the learning stuff and we used a visual timetable and ticked it off as we went. Also in there was the physical and sensory things we needed to do too. We worked in half hour blocks, with ‘chill’ time between. It helped him manage learning at home. Previously he would not entertain working at home at all as ‘school was work and home was fun’. (they do like to compartmentalise…). I think it helped having the control to choose when he would do the learning, in what order”.*

*“I set up a visual timetable each day. A short sequence of what their ‘school’ day would look like, using pictures I copied from the internet. I made sure there was something fun built in between the activities, This helped her know that there would be work first and then some fun stuff”*

*“I am doing a walk every morning with my child as if ‘going to school’ and in the afternoon we do another walk as if ‘going home from school’ which helped separate out home and school. My child likes to wear their school uniform during schooling hours to help get into role”*

*“As long as we stick with a routine, my daughter is excellent. Also not pushing boundaries. e.g. if her class is one hour and work set takes ten minutes, that’s it, she doesn’t do more. If, however she gets to the hour and hasn’t finished it, that’s it too.”*

*“I use a reward chard each day. He only has to engage with google classroom for ten minutes to get a reward sticker. He often engages for longer but that’s up to him. If he has 4 stickers by the end of the day he has a reward of his choice. Nothing big, just a little treat or an activity he likes”*

*“I got the school to give us paper worksheets. This has worked for mine as he can do 10 minutes here and there when he feels he can concentrate. I always start with his favourite subject and use rewards for his least favourite subjects.”*

*“I download any lesson resources in advance to print out so he has them in front of him and doesn’t have to copy.”*

“*Your children need their frequent movement breaks and some need extra processing time so they can't be expected to complete huge workloads at home at the same pace as other children. Whenever possible we incorporate multi-sensory approaches – we use practical, hands on equipment and resources when possible, sometimes things they have to search the house to find, e.g. if the maths sum is 5 x 2 then they have to scavenge 5 pairs of socks and count how many socks they have”.*

*“If they have three or four different subjects or topics to cover that week it's ok to segregate it to set days for one topic a day if focusing and not jumping between subjects works better for them. Equally you can do each topic in short bursts if it helps.”*

*“I make sure the timetable is known in advance and take it at my boy’s pace. If there’s too many sums or questions I decide on how many he will do without getting stressed. Then move onto next task before he becomes non-compliant or a meltdown happens. I mix up the timetable to suit us so try to put activities he likes after ones he doesn’t.”*

*“We used coloured chalks and small blackboards for each day of the school week. Classes were colour-keyed by subject and for both boys, and hung in our dining room (which became the classroom) so everyone could see easily what was going on when.”*

*“We have kept to a routine (getting up, showered and dressed before breakfast) which I believe helps the children (and my) mindset. Children aren't overly made up to be doing the work at the start of the day but once they get into it, they have been enjoying it. Keeping to a routine throughout the day for lunch and breaks also helps.”*

*“I am trying to teach in other ways - lots of word and number games, cooking, baking, meal planning and a few chores like working the washing machine, making a bed and hoovering.”*

*“I am trying to make sure I give our son plenty of opportunities to regain some control over aspects of life so that he's not battling me over things he actually needs to do (like schoolwork). I pick my battles. If he engages with Google Classroom, I don’t give him a hard time over the state of his room!”*

*“I noticed some controlling behaviours had come back and when I thought about it, our children have lost so much of their normal lives and it was understandable that he felt like he wasn't in control. Today I left him to bake some biscuits by himself. This has worked really well and incorporated some learning, physical and sensory play into his day (measuring out ingredients, kneading the dough).”*