

## Learning in the home

Teenagers need routine. We encourage all students to follow their normal daily subject timetable as closely as possible. This does not mean that your child must be sat working for the whole time they would be in school but a routine that they can follow would help them.

Here is a very short help guide to starting.

### 1. Set up a space

The first place to start, is with a makeshift 'home-schooling' area.

Set up a desk in a quiet corner of the house where your child can keep their laptop, textbooks and notes - they'll find it much easier to focus and the rest of the family can continue life as normal.

Also, schools normally provide things like flashcards, exercise books and planners, so be ready to supply these if necessary.

### 2. Phones away

When it comes to older kids, one of the biggest challenges would be monitoring phone use during the quarantine period.

Isolation will only increase your teen's desire to communicate socially.

While some communication will be positive for their mental health, the opposite is true when social media fuels feelings of isolation and anxiety.

You'll need to set some ground rules for how phones are used during the day, and keep an eye on your child's mood.

### 3. Set structure

When it comes to home-schooling, it's important to set out of some sort of 'timetable' for the day.

Without the structure of the school day, and without the engagement of peers, motivation and energy can take a dive.

Help your child set up a timetable that'll work for them and covers the subjects they need.

Divide up periods of study with active breaks. Make sure your child moves, goes outside, eats meals at the appropriate times and has offline conversations.

## 4. Ask for help

No-one's expecting you to become an expert in Key Stage 4/5 overnight, so don't be afraid to ask for help when you help it.

You're likely to run into situations where your child doesn't understand some of their course content and you're unable to help. In these situations, having some resources ready is wise.

Look up the subject specifications for the exam boards your child is studying and bookmark any online resources that can help you out. [Save My Exams](#) and [S-cool](#) are two handy sites.