

Home Online Learning Tips for Parents of those with Special Needs and Disabilities

1. **Make a routine and follow it (but be flexible):** Follow the school timetable as much as possible but be prepared for your child to be overloaded and needing additional breaks. Stick to school break and lunch times and ensure your child is completely away from the computer during these times with regular meals. Food is necessary for getting the brain working! Make sure they get some fresh air at lunchtime.
 

2. **Make a schoolwork space in the home:** Having a designated place in the house for schoolwork helps as part of the routine as this will reduce anxiety. It will also make the switch from educational activities to school-free time easier.
 
3. **Equipment to hand:** Make sure that your child has all the equipment they will need at their workspace – paper, pens, pencils, glue scissors (especially important for art lessons).
 
4. **Keep home calm and predictable:** First thing in the morning, talk to your child about the lessons ahead. If possible, provide a visual timetable of the day's lessons for those who struggle with organisation.
 
5. **Read instructions to your child:** if they struggle with reading fluency and check that they understand what to do.
 
6. **Communicate with school:** You are not expected to teach your child, just help if you can. If work is not completed, this will be for a reason. Let the teacher know. Can you recognise the barrier? If so, let the teacher know what it is. Do not be afraid to ask for help either from the teacher or the inclusion department.
 
7. **Motivate, encourage, and celebrate your child:** Small steps and small goals. You are in a powerful position as a parent to influence your child's growth mindset. Do not be afraid to say "I don't know. Let's find out."
 
8. **Check assignments on Teams:** Ask your child to see the assignments they have been set on Teams. These assignments are often part of the lesson itself and not homework. If they are not completed, communicate with your child and the teacher so they can help.
 
9. **Stop, Breathe and Think:** If your child is struggling with mental health and anxiety try this free app: [Home | Start Your Mindfulness Journey with MyLife™](#) But do remember, we are always here to help.
 
10. **Pat yourself on the back:** supporting learning is hard and you are doing the best job you can.