



SUPPORTING YOUR CHILD TO LEARN REMOTELY AT HOME

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Introduction

Many schools may be in the position of moving to remote learning because of external factors. In these scenarios, as parents and caregivers you have an important role to play in ensuring ongoing learning and well-being for your children at home. This document aims to list a few simple steps to help you be better able to achieve this.

Find out what you need

- Talk to the teacher and/or school co-ordinator to find out more about what tools will be used for communication with students to set tasks and assignments.
- Depending on the tool, you might have to download and install some software or applications – for example WhatsApp or Zoom.
- If you do not have email or easy access to the internet, it would be a good idea to request the school to contact you via SMS.
- Check if you have the required textbooks at home or not. If not, can you get them? If not, can you request the teacher to send images of the relevant pages? You can receive these images as multimedia messages (MMS) on your phone, without needing an internet connection, or via email.

Time management

- **Prepare a schedule:** Many schools are likely to provide their students with a timetable for lessons each week, which could be a good starting point. If the school does not provide a timetable, you can make one with your child. Display the timetable clearly in your house to help everyone remember what to do each day.
- **Agree hours:** You will need to see how many hours your child can study and where your support will be most needed. This will depend on the age of your child. Some children will prefer to study in the morning, others in the afternoon.
- **Reduce possible distractions:** This is important while children are trying to focus on their learning.
- **Include short breaks:** Encouraging children to relax as well as exercise is important. Children can end up spending too long sitting in the same place.

Creating the right atmosphere

- Try and find a space for learning where there is good light and as little noise as possible.
- Studying in bed or on a sofa is tempting, but it's not good for children's posture or staying focused. Sitting at a desk or table is best – but remember to get them up and moving around regularly.
- Encourage your children to display the work they do, or even make some posters to help their learning.

Your involvement

- While your encouragement will be needed, it is very important to let children work on their own too. Providing support and answering questions is needed, but overdoing it is more likely to slow their learning than support it.
- If you don't agree with something that a teacher might have said about a topic, it's better to discuss this with the teacher and not criticise them in front of your children. This might lead to your children losing trust in the teacher and create problems when they return to school.
- You are quite likely to face situations where you might not be able to explain some subject-related concept or solve some problem, which is OK. That is why we need teachers! If this happens, try to see if you can find some help from the teacher or another family member or parent. If not, send a note to the teacher about it so that they can help

Things to consider

- **Online safety:** If your children are working online or using your phone, make sure you turn on the privacy settings. See below for a link to more information about working safely online.
- **Duration of study:** Make sure you are not planning too long a day for your children. It is important to have fixed start and end times for their learning hours.
- **Patience is key:** Since remote learning is new for both you and your children, coping with it will take some time and patience. Don't expect results too quickly and remember that sometimes it will be better to just leave it and come back to it the next day.
- **Acknowledge effort:** Acknowledging and praising effort will help motivate your children as they work through this new way of learning.

Useful links

- Lots of ideas for teaching English at home: <https://tinyurl.com/yxsaryjg> and <https://tinyurl.com/ybg2okc8>
- Learn about how to keep children safe online: <https://tinyurl.com/y7c8gbat>