

Four tips for a smooth home learning routine

Everyone is adapting to an unusual situation and some parents are feeling the pressure to replicate school behaviour systems. When supporting your child's behaviour, and their social and emotional needs, there are a few key principles that should help:

- Find your new routines. Consistent routines are important for behaviour in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm for your family. You could share [this video](#) with your child. Talk to them to help them plan their new routines.
- Look for the positives. Because you need to be on the ball when things go wrong, it is easy to focus only on the unwanted behaviours and spend time addressing those with our children. If we can also catch them doing things right and praise this behaviour, we're likely to get more of it. Could your daily routines include activities where your child is likely to make you proud?
- Model the coping techniques you are using. Children are still learning to self-regulate their emotions and behaviours. It's likely that we will also face new challenges during this period: finding a new workspace, managing anxiety, being productive under new circumstances. Talk to your child about the struggles you face and how you are addressing them – and don't be afraid to be open about getting it wrong and trying a different strategy. Encourage your children to explain the approaches they are trying too.
- Remember, there are no shortcuts. The most important principle for teachers in managing behaviour is to get to know and understand each pupil individually. This is good news! You already know your child. Speak to your child and trust your judgement about what works for them above any generic advice.

It's natural to feel anxious during times of uncertainty. The NHS has issued advice on supporting your mental wellbeing while at home here: <https://www.nhs.uk/oneyou/every-mind-matters/>