



SETTING UP FOR LEARNING AT HOME

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SETTING UP FOR

Create routines and expectations

Setting up expectations and routines will help your child learn.

You can do this by:

- maintaining normal morning and evening routines
- structuring the day with regular mealtimes and bedtimes
- setting up the day based on their regular schedule or timetable
- starting and ending each day with a 'check-in'
- making sure they understand what's expected of them
- encouraging regular food and drink break times throughout the day, as well as small breaks for stretching or to move around
- checking in with them throughout the day to help keep them focused and on track.

Communicate with your child and a connected

You can stay involved with your child's learning by asking them questions. This helps them to manage the instructions they receive from the school and to set priorities for their learning.

At the start of the day, ask:

- What are you learning today?
- What are your learning targets or goals?
- How will you be spending your time?
- What resources do you need?
- What support do you need?

At the end of the day, ask:

- What did you learn from today?
- What did you like about today's activities?
- What was challenging? How can we work through the challenge?
- What went well today? Why were they good?
- Are you ok? Do you need to ask your teacher for something?
- Do you need help with something to help tomorrow be more successful?



Make the most of everyday activities in your household

There are lots of things to learn about in the home. One example is cooking. Involve your child in the process. This could include reading recipes, measuring ingredients, taste testing, or reviewing. Continue to communicate with your child by asking questions before, during and after the activity. Keep them focused and on track.



Connect with your child each day, classmate and school

Set up new ways to communicate, and maintain existing ways your child catches up with their friends and teacher. This could be on the phone, a video call, through email or an old-fashioned post card or pen-pal.

Doing this will help students to feel connected to others and not isolated.



Connect with extended family

Don't forget to continue connecting with extended family and loved ones. You and your child can share the learning that has been happening in your home.



Support your child's wellbeing

Learning from home for a long time can cause stress and anxiety.

Find out how you can support your child's wellbeing while learning at home at the Advice for families section of ourlearning.sa.edu.au.

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