



Learning at Home Top Tips for Families
Year 1 Children

1. Keep emotional health a top priority. Make your relationship and connecting with your child your top priority. Model positivity and kindness.
2. You do not need to replace your child's teacher or be an expert on every subject. Learning at home is different. Be patient, kind, and flexible.
3. Create a consistent learning at home routine. Routines make children feel safe and are especially important in stressful times.
4. If you have multiple children decide what will work best. For example, create one schedule where everyone starts at the same time, or create a staggered schedule so kids can access resources like devices when they need them. Older children can help younger children. It's a great way to learn responsibility and empathy.
5. Create a distraction free work-space with your child. Your child's focus is influenced by noise, hunger, exhaustion, conversation, electronics, and interest in the activity or subject they're working on. Creating a distraction free space with everyone at home can be challenging so do the best you can. Be patient and keep a sense of humour.
6. Plan for 3-4 hours of focused learning time. There are fewer transitions, class discussions and group projects at home so most students can cover school work in 3-4 hours. Space this time out so it works best for your child and family. Build in time for movement, chores, brain breaks and fun. Just make it routine and consistent.
7. Look for learning moments that are unique to the home environment. This can include cooking, chores, games, learning something new, etc. Think about the math, literacy, and science skills involved in day-to-day tasks and involve your child.
8. Provide encouragement and support. If your child is feeling overwhelmed or confused reassure them that learning takes time and mistakes are okay.
9. Have your child teach you. Give your child opportunities to teach you about what they are learning. It is a great way to discover if they really understand something and gives them an opportunity to be the expert.
10. Your children will miss their friends and old routines. Be patient, supportive, and loving. When possible, look for ways to spend time together and connect with others through technology or mail.
11. Find ways to be kind to each other and find humour where you can.