

****Top Tips for Successful Home Learning****

In this ongoing, exceptional time we are facing together, parents are continuing to find themselves in the role of a teacher. In the current situation, remote learning raises a number of different challenges. For those children with a Special Educational Need (SEN) this may be especially so. We would like to offer some ideas that might help. In this newsletter we are focussing on adapting home learning to maximise its benefit for your children in all the unique situations we find ourselves in!

Rest ! Food ! Fun !

The **most important** thing to remember for any learning is how we are feeling each day. A well known psychologist, Abraham Maslow talked about what motivates us to learn and that we can't learn unless our very basic needs have been met ! Right now meeting those needs of feeling physically ok, safe, secure



and happy is more important than ever. So throughout the day give yourself and your children enough time to eat ,



rest, relax and have fun. It's so important and **WILL** have a positive effect on how they learn.

Daily Routines



Remember to plan and structure your day. Remote learning often brings its own timetable, and in discussion with your child's school, **you can and should** adapt the timetable to best fit in with your child's needs, attention and home situation. Most important is that you have a daily routine that works for you and your family. SSENS in previous newsletters has provided ideas to support concentration and create a visual timetable. Click [here](#)

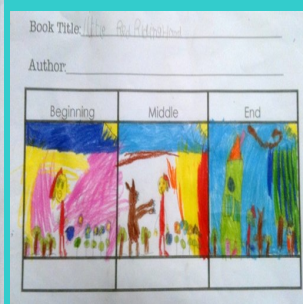
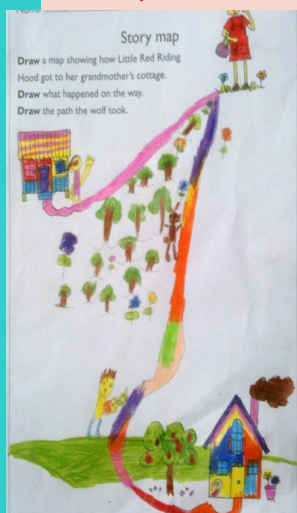


Every child is unique and as such will learn in different ways depending on their interests, strengths and needs. Learning will be more successful if tasks are structured and broken down into very small steps. See below for

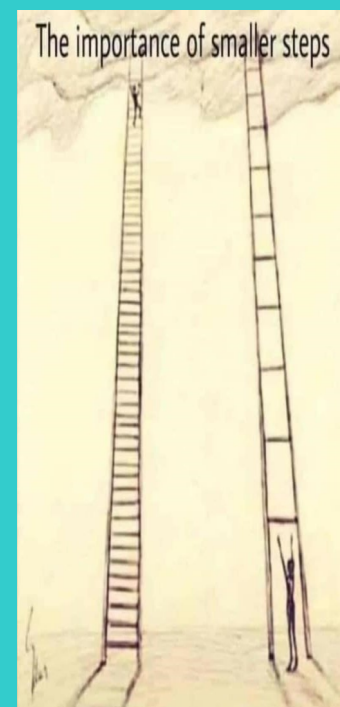
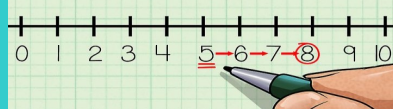
different examples of how to help break down an activity into achievable steps with simple pictures to help everyone remember what to do ! See the Twinkl website [here](#) for pictures you may find useful as well as a range of resources which may help you with home learning.

REMEMBER - It's not a race so take one step at a time at your child's pace, little and often is better than trying to focus for

long periods of time !



$$5 + 3 = 8$$

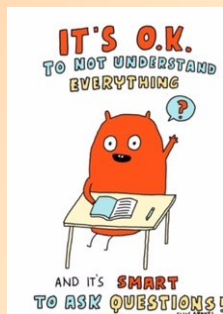


Children learn new things more easily when it is linked to something they are familiar with or that they are interested in. If your child is being asked to add apples and they like bikes, don't be afraid to change the context of the



question. Remember you know your child best and you know what will motivate them. Consider the following points which will encourage your child to have a go at an activity

- * Involve children in deciding the plan of activities for themselves over the day
- * Allow children to **choose** from and /or the order of 2 or 3 tasks given and how they might carry each out. It gives children a sense of control and gets all the jobs done!
- * Include regular breaks which involve moving around, playing with pets, having a drink and snack
- * Make the activity meaningful to your child—link it to their interests or strengths, if children don't know why they are learning something, why it's important and how they can use it in their life they can lose interest very quickly
- * Treat mistakes as opportunities for learning and not as a failure
- * Work towards a reward that has been decided before an activity begins. See ideas below



EVERY PLANT HAS THEIR OWN REQUIREMENTS IN ORDER TO GROW...



AND SO DO PEOPLE.

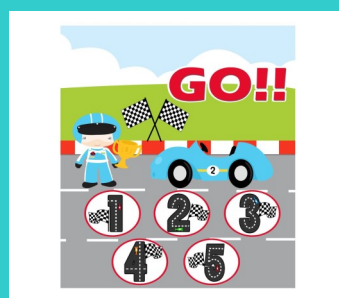
Boost Reading by using Subtitles

Why not boost your child's reading by turning on the subtitles when they are watching television? Studies have shown that this really does make a difference! Do keep the sound on though!!



Provide a finished example

Give your child a finished example so they know what they are working towards. It helps with understanding, memory and attention.



Mastering the Art of Offering Controlled Choices

WHY is it important to give children the power to make choices? → Choices allow children to partake in the decision-making process. → Thus increasing engagement and decreasing problem behavior.

Choice Types:



THE KEY is to offer a limited menu of choices, all of which you are ok with. **AVOID:** Giving choices that are not available. Giving an empty threat like canceling a major holiday.

What does this sound like?
Would you like to wear your shoes or boots today? Would you like to walk to the car fast or slow? Would you like 2 or 3 cookies for dessert? Would you like mom or dad to read you a book? Would you like to wear your red or blue shirt today?

© 2019 Behavioral Interventions And Solutions, LLC

There is a wealth of information out there to support home schooling, choose and limit what is right for you and your child to support their learning. Keep activities **short**, **simple** and **achievable**