

# HARTFORD INFANT SCHOOL PARENT TOP TIPS

for working with children at home



Routine & Timetable  
Daily Timetable

[using homework posters, Bug Club, Numbots [KS1], Numberblocks, You Tube videos and assemblies]

Visual Timetable [children can pick and choose]

Looking after Yourself  
Talking about Coronavirus

# ROUTINE & TIMETABLE

Aim High  
Hippo



Involved  
Iguana



Perseverance  
Parrot



Problem  
Solver  
Snake



Team Work  
Tiger



Reflective  
Rex



During this unsettling time, children will need what they've always needed; love, attention and opportunities to learn and play. However, when at home for a longer period of time, the following **tips** might be helpful:

Try and keep to a **structure and routine** that suits you. For example, keeping to bedtime and morning routines close to existing ones to promote a sense of normality that children will find reassuring.

Keep **boundaries firm** and make it clear that you expect the same standards of behaviour as usual. Boundaries show that adults are still in control and taking care of them, which helps children to feel safe.

Make sure they get some time to **burn off energy every day**. There are lots of super ideas online to support your child (see our apps and websites information page) but a simple run around the park, a walk with the dog, playing with bubbles, dancing to music, bats or balls in the garden, gymnastics or an obstacle course would all help.

Expect children to **complete a maximum of 3 hours each day**. Continuing with their learning helps promote a sense of normality and purpose as well as keeping them up to date for when they are back at school. Our **homework posters** share lots of ideas of cross curricular learning tasks your child could compete using Tapestry or in their own special way. These are shared every 2 weeks via our school website. In addition, **Tapestry Challenges** are set every day by teaching staff and will cover a range of topics. Children are expected to engage with **Bug Club**, **Numbots** [KS1], **Numberblocks** as per the Remote Learning Policy.

Find opportunities for them to **interact with their friends remotely**. Technology provides lots of opportunities for such interaction, but please be wary of giving unsupervised access to platforms that you would not normally allow your child onto; the internet still poses the same risks as in normal times.

Balance screen time with other activities. Challenge children to **learn new skills** that don't involve screens e.g. tying shoe laces, juggling, baking, gardening etc. We would love to see your children being like Perseverance Parrot and overcoming these barriers via Tapestry!

Give children **opportunities to have a say** in what will be happening. They may have had a lot of their freedoms and choices removed for a while and may feel powerless or angry. They are more likely to 'buy in' to new rules and routines if they feel that they have a voice. For example, choosing how to record their learning, which colour pen to use when writing, deciding which task to do first and next etc.

There is an **example timetable** on the next page using our **homework posters**, **YouTube videos**, **Bug Club**, **Numbots** [KS1], **Numberblocks**. These are a guide but may be helpful in terms of thinking about how to maintain some structure and routine throughout days at home. Remember to intersperse activities with breaks, and don't forget healthy snacks and drinks! A **visual timetable** is also attached which you could print and use or encourage your child to make their own version to have some ownership of this.

Monday	Maths	Reading	Homework Poster	Phonics	Homework Poster	Assembly	Homework Poster	Reading	Homework Poster
Tuesday	Homework Poster	Maths	Reading	Phonics	Maths	Reading	Phonics	Assembly	Homework Poster
Wednesday	Phonics	Homework Poster	Maths	Reading	Phonics	Assembly	Homework Poster	Reading	Homework Poster
Thursday	Assembly	Phonics	Maths	Reading	Maths	Assembly	Maths	Maths	Assembly
Friday	Maths	Maths	Homework Poster	Phonics	Homework Poster	Phonics	Phonics	Phonics	Phonics
Break and snack									
Lunch									
	Assembly	Reading	Reading	Assembly	Reading	Reading	Reading	Reading	Reading
	Maths	Maths	Maths	Maths	Maths	Maths	Maths	Maths	Maths
	Phonics	Phonics	Phonics	Phonics	Phonics	Phonics	Phonics	Phonics	Phonics
	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster
	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster	Homework Poster



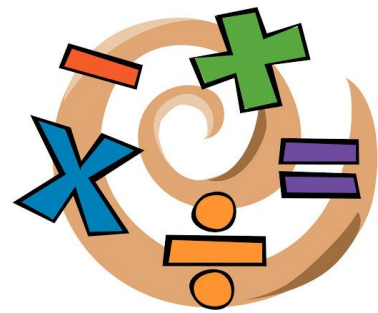
Arts & Crafts



Science



Science

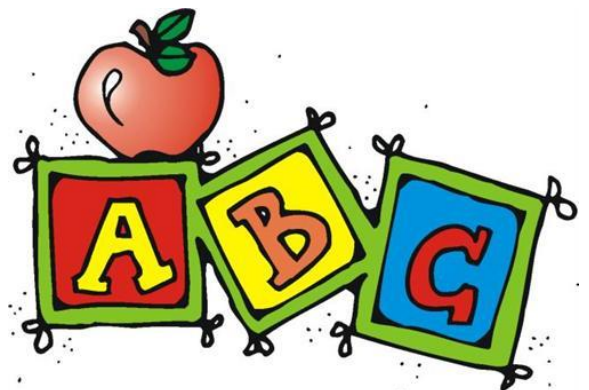


Maths



Reading

[Bug Club]

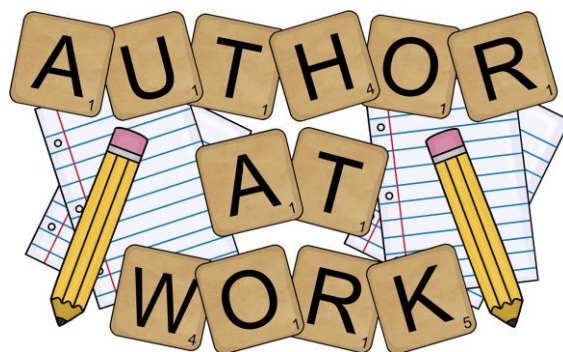


Phonics





Numbots &  
Numberblocks



English/literacy



Help at home



Tablet time



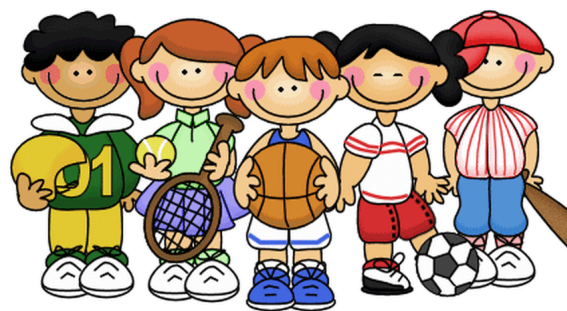
Homework Poster



Gardening



Snack time



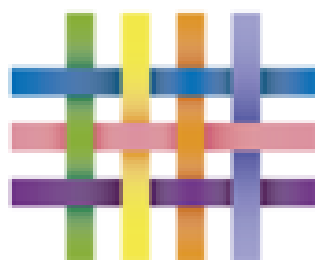
PE/Active time



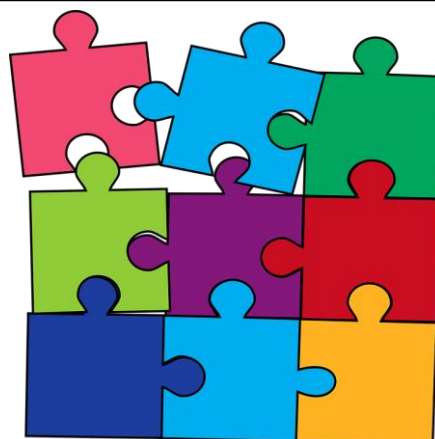
Lunch



Construction



Tapestry  
challenge



Games/puzzles



Assembly



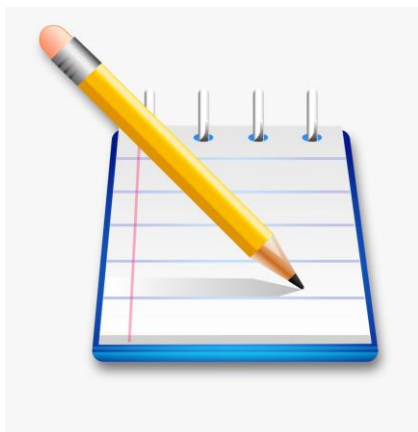
Playtime



Junk modelling



School work



Journal



Calm time

# LOOKING AFTER YOURSELF

Taking care of **our mental health** and **checking in on others** is something that we can all do, and we need to remember that by looking after our own mental health, we'll be best placed to look after our children. **Remember when they tell you on aeroplanes that you need to put on your own oxygen mask before helping others, it's like that.** Time is precious, especially when looking after children. However, try to plan your days or weeks to include something from each of the '**5 Ways to Wellbeing**' [developed by NEF]

## 1 BE ACTIVE

Try to make sure that **you** and **your** family get regular **exercise every day**. You Tube has lots of exercise videos for kids and adults. Get children involved in planning their own 'indoor PE'. If current government advice permits, try to get outside once a day either into your garden if you have one or in a place where there are few people. If you can't go out, open the windows for some fresh air and take some time to look at the world outside.



## 2 TAKE NOTICE

**Take a break from the news** and **social media** and concentrate on what's happening in the here and now in your family. **Notice** and **appreciate the small things**. Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing. There's lots of good mindfulness apps to try, but if that's not for you, just getting into something you enjoy e.g. cooking, drawing etc and really focussing on it can be just as good.



## 3 CONNECT

**Social connection** is one of the most important ways that we can look after our mental wellbeing. Social distancing is going to make that trickier, but we're lucky enough to have technology to help us out. **Think physical distancing, but social connections**. Social media is great, but if you can, try to have **phone calls** or even **video calls**. Arrange to Facetime/Skype a friend for coffee, phone relatives more often than usual. Whilst it can be helpful to share worries, try to find other things to talk about too.



## 4 GIVE

Research tells us that **giving back to our community helps people to feel valuable** and **makes us happier**. We might not be able to contribute to our community in our usual way, but many people will still be able to find ways to give back. Lots of community groups are setting up schemes that aim to help vulnerable people at this difficult time. If you want to get involved, check out local social media for ideas. Many of us will not be able to offer practical support. We can still **offer mutual support to friends and family by checking in with them regularly**.



## 5 KEEP LEARNING

**Learning a new skill** or honing an existing one gives us a **sense of purpose and achievement**. Whilst we're busy learning, we're less likely to experience anxious thoughts and worries. Social distancing will bring new challenges, but it will give many of us the time to start a new hobby or learn about an area that we've always been interested in.





# TOP TIPS FOR TALKING ABOUT CORONAVIRUS

Although it's tempting to try and protect children from difficult topics, they are more likely to worry when they're kept in the dark. Children and teenagers will be aware of what is happening but may not have all the facts they need to understand it. These tips will help you **communicate about Coronavirus with your child**:



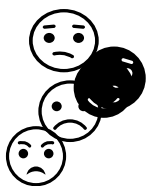
Take **time to talk** and listen. Be clear that you are happy to answer any questions that they have. **Be led by your child** as they may not be that interested or want to know everything all at once. Try to answer any questions **honestly** but keep things in context e.g. “**Sadly, some people do die, but the vast majority of people will recover, and children seem to be only mildly affected**”.

Reassure them that their own risk is very low but that we all need to ‘**do our bit**’ to look after people who might be very unwell. Underline how **helpful** they are being by **following the rules about hygiene and social distancing**. Knowing we're being unselfish helps us to bear the tough times.



Give **positive messages** about everything you are doing as a family to keep yourselves safe. Talk about all the work people around the world are doing to **find treatments and a vaccine**.

**Keep explanations developmentally appropriate**. Young children up to about age seven will need very **simple explanations** that relate to their own experiences. Explain that, like other **germs**, Coronavirus can **spread between people** and **make them ill**. But because Coronavirus is a new germ that we don't know everything about, **we need to take more care** and so things might be a bit **different** for a while.



Give them an **opportunity to talk about their feelings**. Our instinct might be to ‘make it all better’, but it is **normal to feel scared, sad and angry** in the face of what's happening. Tell them that **what is happening is not normal but that their feelings are**.