

## Top Tips for Remote Learning- A Guide for Parents/Carers

We fully understand the pressure families are under during remote learning. Families often have to balance their own work commitments as well as supporting other siblings in the household. In addition, families can have hugely different personal circumstances when it comes to remote learning. Some may have the time and ability to access lots of online resources, others may have less access to technology and limited time or low confidence in supporting their children.

To provide families with additional support, here are a few top tips to help you support your children at home:

### The Home Learning Routine

Routines can help support good behaviour and help as you and your family find a new daily routine. Try this checklist to help you and your child plan your new routines. You might even come up with a new list together with your child!

		M	T	W	T	F
	I woke up at a good time.	<input type="checkbox"/>				
	I did some exercise.	<input type="checkbox"/>				
	I had regular meals and drank water.	<input type="checkbox"/>				
	I enjoyed some reading in a quiet space.	<input type="checkbox"/>				
	I practised a maths skill.	<input type="checkbox"/>				
	I completed some school work at my work space. I chunked it so I had some breaks too.	<input type="checkbox"/>				
	I talked to my family about my day and how I am feeling. I asked them about their day.	<input type="checkbox"/>				
	I helped with a household job and talked to my family while I did it.	<input type="checkbox"/>				
	I contacted my friends.	<input type="checkbox"/>				
	I spent some time on my creative hobby.	<input type="checkbox"/>				
	My parent/carer told me what I did well.	<input type="checkbox"/>				
	My goal:	<input type="checkbox"/>				
	My goal:	<input type="checkbox"/>				



## Supporting Reading

Reading regularly makes a massive difference to children's learning across all subjects. Ideally children should have opportunities to be heard to independently read every day. However, it isn't always easy to fit it in day-to-day. Here are some easy ways you can make reading a part of every day:

1. Don't worry about how long you read for. Every minute spent reading makes a bigger difference than you realise!
2. Don't worry about what your child is reading: recipes, cereal packets, Argos catalogues... It's all useful! Keep books and other reading materials close by.
3. Reading to children of all ages is helpful. If your little one isn't reading by themselves yet, read with them.
4. Ask lots of questions: Who, what, where, when and why and ask them to summarise when you've finished.
5. The TRUST approach can be used to make the most of the reading experience for your child.

**Helping Home Learning**  
Read with TRUST

Reading opportunities are everywhere. You can make anything a learning experience for your child, just follow the TRUST ideas to talk about anything your child enjoys reading.

- T** Take turns to talk about what you are going to read
- R** Recap the predictions as you are reading
- U** Use lots of encouragement
- S** Share what you know about the text
- T** Tune-in and be interested

**T** Take turns to talk about what you are going to read. Say things like: "I feel like reading a book with animals in it today. What do you feel like reading?"

**R** Recap what's happened in the book as you are reading. Say things like: "Why do you think that happened?"

**U** Use lots of encouragement. Say things like: "You're doing brilliantly today! What great ideas... Let's keep reading to see what happens!"

**S** Share what you know to help your child. Say things like: "Have you learnt about...at school?"

**T** Tune-in and be interested. Say things like: "I didn't know you knew so much about...!"

## Talking with children

You can also use the TRUST approach to support everyday talk to help your child think and talk about the world around them. It can be used anywhere, such as when you are reading, doing jobs together or playing:

**T** Take turns to talk about what you are going to do. Say things like: "I'm going to wear my red jumper today. What colour jumper would you like to wear?"

**R** Recap the plan as you are working. Say things like: "Why do you think that happened?"

**U** Use lots of encouragement. Say things like: "What great ideas... Let's see what happens!"

**S** Share what you know to help your child. Say things like: "Have you learnt about...at school?"

**T** Tune-in and be interested. Say things like: "I didn't know you knew so much about...!"

**Talk with TRUST**

TRUST ideas will help your child's thinking and learning as you are doing jobs together.

I LOVE helping in the kitchen!

Could you be in charge of dinner tonight?

**T** Take turns to talk about what you are going to do

What do you think you should have?

FISH FINGERS!

Oh yes, (U)U- better than my idea!

**R** Recap the plan as you are working

Well done! You're doing a great job!

I want smily faces and beans with mine. I'll check what the others want...

**U** Use lots of encouragement

Everyone wants the same as me!

Great! What do you need to do?

I'll collect the things from the freezer and put them in the oven.

**S** Share and talk about experiences that will help

I'm going to put the fish fingers on this tray and the smily faces here. Will you put them in the oven for me please?

Who usually cooks all the fish fingers?

YOU DO! I'll give you the most.

When I put the dinner on I put a timer on the oven, lets check how long they need...

What else can you do when they're cooking?

I'll press the timer button!

I'll get plates and forks for everyone.

**T** Tune-in and be interested

Wow! This is the best dinner (U)U! Tell us how you made it...

First, I got the food from the freezer then I put it in the oven, it was done!

You did a great job in the kitchen today, what job do you want to do tomorrow?

Can I help in the garden?

The TRUST framework was adapted from High Quality Interaction! in the EEF's guidance report: [Guidance for Literacy \(2018\)](#)

## Supporting Mathematics Learning at Home

We know maths can feel like a difficult subject to cover at home. The good news is that you don't need to set aside a separate maths lesson or activity. Your child can learn maths during normal, everyday activities! Here are a few tips for how you can support maths learning every day:

### Younger Children

- Board games like Snakes and Ladders or other games with numbered spaces can be great for maths learning. You can even make your own!
- Meals and snack times can be great to teach lots of concepts, like sharing, talking about time, counting how many carrots you have, estimating the number of beans or comparing sizes of potatoes.
- Use maths words in conversation and play. This can include talking about size ("Which is bigger?"), order ("Which is first?"), shapes and more.
- Stories can be great opportunities for maths learning. One great free resource for maths stories is <https://www.mathsthroughstories.org/recommendations.html> but you can use other books too!
- Use manipulatives like bricks or toys of different sizes or amounts. Measuring items, scales, construction materials, puzzles, sorting and pattern materials are also great sources for discussion!

### Older Children

- Encouraging your child to set goals and make plans can help them learn independently. Older children can be more independent but will still need some support.
- Having a set time and place to study with the resources they will need can help keep children on task and make sure they have the tools for success.
- Practicing times tables, either online or on paper, can be a great tool to help your child remember maths facts quickly and easily!
- It can be hard to learn new maths concepts outside of school. Create time for your child to practice what they already know.
- Providing example problems of maths concepts can be helpful for your child. These should show all steps clearly and have a very similar follow-up problem for them to try.