**General guidance for parents when undertaking Home Learning with their children**

Do not worry about trying to maintain a full routine for your child like they had at school. But children will feel more comfortable and learn better with a predictable routine to the day, even if this is difficultBut generally, you should try to make sure that they:

* get up and go to bed at the same time each day
* have regular meal times
* have regular breaks
* make time to be active - children are used to regular play at lunch and break
* times

**Using digital devices**

Your child’s school may set them work that can be done on a digital device such as a laptop, desktop, tablet or smartphone. Set age-appropriate parental controls on any devices your child is using and supervise their use of websites and apps. See advice on keeping them safe online and talk to your child about online safety

**Reducing screen time**

* Digital devices are not the only way to learn. Manage screen time with a timer and break up screen time by getting your child to:
* use books and other printed materials that their school has provided or that you have at home
* write by hand – try asking them to complete work by hand, write a diary, a summary of things they have learned or done each day or ‘to do’ lists
* be active and get away from the screen regularly – see a selection of physical activity resources for primary school children
* stop using digital devices at least an hour before bed

**Reading together**

When you read with your child, try to express the emotion in the story, give colour to the characters using voices, tone and pace. Finally, discuss the things you are reading. You can make a story more interesting and help your child develop their understanding of a book by linking what you are reading to their life. Ask your child questions about what you are reading as you go.

**Talking**

Talk with your child throughout the day and try to explain new words. For example, discuss everything you are doing and pick out words that might be new to them