

Top tips for supporting parents

Creating safe, predictable home learning environments.

- **Go easy on yourself.** Do what you can. These are difficult times for parents and children. Parents will feel stressed, and children will, too. Talk about this with your child and explain how you manage stress.
- **Model positive coping mechanisms:** Model to your children some ways you relax or manage anxiety such as exercising, meditation, having a bath or doing something creative.
- **Stick to routines:** Make sure your child is getting up, getting dressed and eating meals at the same time every day. Develop a visual timetable if this helps to remind your children of their day.
- **Play:** Play has an important role in learning and wellbeing. Play board games, build Lego and play card games with your child. Build forts, have an indoor picnic, have a dance party and make biscuits together.
- **Keep in contact:** Encourage primary children(with supervision) to FaceTime/Skype family members or school friends after school hours. They might need tips on what to say for e.g., 'show them your room or pet!'
- **Establish screen time guidelines:** Talk to your children about this so you have shared expectations. Make sure you supervise online time. Make a plan to encourage balance with other activities. See the eSafety commissioner's tips: <https://www.esafety.gov.au/parents/big-issues/time-online>
- **Plan some project-based learning:** create a flower garden, make a family cookbook, redesign a room in the home.
- **Real life learning:** Set up a roster for with household chores - have rosters for making lunch!
- **Make time for reading:** 'family reading time' can be comics, books, story books or listening to books online. There are companies giving free books and audio books eg Audible.
- **Exercise:** Set aside some time for 30 minutes of exercise each day. There are online yoga classes, walking/running on the spot, making weights with canned food, doing push-ups against the wall.
- **Brain exercise:** crosswords, jigsaws, Sudoku – there are many online and paper based ways to keep your brain engaged.
- **Talking:** You're going to have to talk about Covid19 with your children, ensure the correct information is provided and developmentally appropriate.