

Home Learning – Parents and Children Together

Have a routine i.e. breakfast, getting dressed, lunch, going for a walk but don't have a timetable – specific times are difficult to stick to when there are so many other things going on.

Home learn rather than 'home school' – spend time doing the everyday things that we all enjoy and don't always make time for e.g. having breakfast in the garden, making dens outside, singing, reading, dancing e.t.c.

Each day, write a list of activities that you might want to do that day. This means that you don't have to think on your feet throughout the day. You can tick off if you do them, but it's OK if you don't – then there's no pressure or guilt!

Take photos of the things that you have been doing each day. The photos can be used like a diary and can help document and remember all the fabulous things you have done together during this time, providing fantastic opportunities for talk and sharing experiences ☐

Use time at home to **learn useful life skills** e.g. making the bed, hanging the washing out on the line, making tea, planting seeds e.t.c.

If you have been given 'school work' to do, don't feel like you have to do it all. Do what you can do and feel free to adapt/swap activities to suit your situation and needs.

Limit the amount of information you are trying to process. Choose 2-3 sources/websites to go to for information e.g. for resources for home learning and then ignore the rest. There's so much 'information' out there that it's overwhelming and can create more stress.

Look after yourself as well as others. Try and spend some quiet time in a day relaxing and resting, doing something you enjoy or just doing nothing!

This time in the world is a point in history – try and make the most of it. ☐



Victoria Wadsworth – Speech and Language Therapist – www.speech-ed.co.uk



Supporting Home Learning – Language Skills - Parents and Children Together

Play memory games – take it in turns to add an item, recalling what everyone else has said before e.g. I went to the shops and I bought a.... I went to the moon and I took...After Corona Virus I want to....e.t.c.

Sorting game – spend time doing everyday things and create opportunities for learning through these e.g. organising the clothes in to categories – socks, trousers, t-shirts, jumpers e.t.c. How many different types of clothes do you have. Can you think of any more types?

Story talk - Read a book together – talk about what is happening in the story e.g. Who is in the story? What are they doing? Where are they going? What has happened? What might happen next?

Take photos of the things that you have been doing each day. The photos can be used like a diary and can help document and remember all the fabulous things you have done together during this time. Talk about when things happened e.g. past, present, tense 'yesterday I played football in the garden with my Dad' (past) 'today I'm writing a story' (present)' tonight I want to watch TV)

Learn new words – read a book together – are there any words that your child does not understand? Explain the words, look up a definition together, can you use the word in a different sentence? Can you make up an action to remember the new word?

Sequencing – choose an everyday routine that your child can help with e.g. washing the dishes, making breakfast and talk through the steps to complete the activity e.g. first fill the sink with water, then add the washing up liquid, next wash each of the plates and leave them to drain. Finally dry the plates and put them away. Once you have completed the task together, check and review the steps you took.

Category game – write down as many different categories of things you can think of e.g. items of clothing, things that are hot/cold, things beginning with a letter sound, things you can write with, things that are the colour blue e.t.c. Take it in turns to pick out a category and names as many things as you can that belong to this category



Victoria Wadsworth – Speech and Language Therapist – www.speech-ed.co.uk

