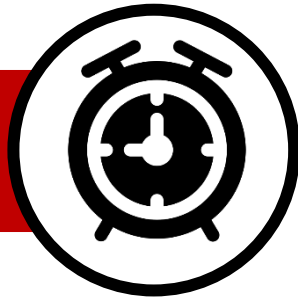


# Supporting your child with blended learning



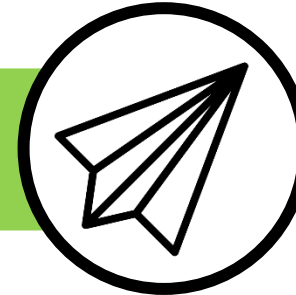
**ROUTINES**



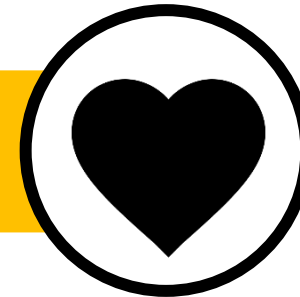
**WORKSPACE**



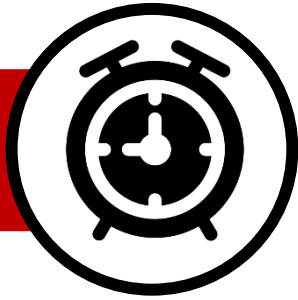
**COMMUNICATION**








**REASSURANCE**



# ROUTINES



-  Try and treat everyday like a school day
-  Use your timetable to help you organise your day
-  Take screen breaks and lunch breaks
-  Eat breakfast and lunch and stay hydrated
-  Make time to go outside and exercise

# WORKSPACE



Choose an appropriate place for your child to work



Quiet, and free from distractions



Equipment: contact the school for support



Check in and take an interest in school work



Home is not school: create clear boundaries

# COMMUNICATION



With your child: discuss their work with them



With the teachers: ask for help, guidance, support



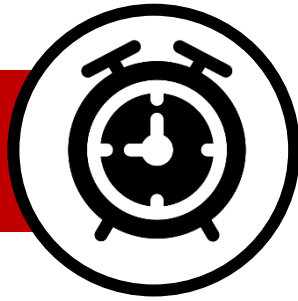
With the school: let us know how things are going

# REASSURANCE



- 🤍 This situation is temporary
- 🤍 You can't do it all: it's okay to be stressed and frustrated
- 🤍 Don't panic about exams
- 🤍 Don't panic about your child falling behind
- 🤍 We are all in this together

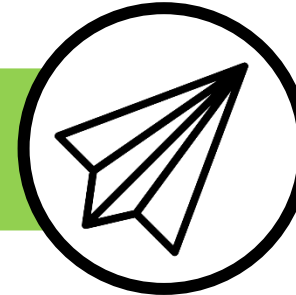
**ROUTINES**



**WORKSPACE**



**COMMUNICATION**



**REASSURANCE**

