



## Top tips to support parents with remote learning

In this short video, Clinical Psychologist, Dr Elizabeth Kilbey provides practical tips for parents to support remote education while their children are learning from home.

*[Dr Elizabeth Kilbey talking to camera from her home]*

*[Video caption: Dr Elizabeth Kilbey Consultant Clinical Psychologist]*

I know times are tough for all parents and children out there.

As a parent myself I have really felt the strain of juggling remote learning and working full time as well.

*[Footage of dad and son learning together at home]*

Remember, you're not expected to be superhuman.

*[Child showing a teacher his schoolwork through the camera on his laptop]*

Schools are working incredibly hard to provide pupils with high-quality remote education.

*[Mother sitting next to daughter at a table, daughter is writing on a piece of paper]*

And we know that parents can't fill the role of teacher as well.

*[Dad sitting with daughter and helping with her schoolwork]*

It isn't easy for anyone, so make sure you speak to your school and other parents.

*[Dr Elizabeth Kilbey talking to camera from her home]*

Here are some tips and advice on how to support yourself, and your children while remote learning.

### Focus on routine

*[Children writing and colouring a schedule on a piece of paper]*

Children and adults thrive on routine, particularly in times of uncertainty and stress.

*[Dr Elizabeth Kilbey talking to camera from her home]*

Speak to your child's teacher about the best routine, to help them be engaged with their learning.

### Have a dedicated workplace

*[Boy sitting at a table doing schoolwork]*

Having a set area for children to work in is important.

*[Girl working at a desk]*

Somewhere to sit with the things they need around them.

## Stay in touch with your school

*[Dr Elizabeth Kilbey talking to camera from her home]*

*[Footage of girl working at desk and following instruction from her teacher delivering a live lesson on a laptop]*

*[Footage of mum and daughter sitting on bed, the daughter is typing on her laptop on a table next to the bed]*

Schools are set up to deliver effective remote education.

Contact the school if you have any questions or need extra support.

*[Footage of boy flicking through a book]*

## Find time for work and play

*[Dr Elizabeth Kilbey talking to camera from her home]*

Other activities such as games, reading and exercise are just as important as schoolwork for your child's development.

*[Footage of dad and son engaging in learning activities]*

Find a balance between learning and more fun activities such as family time or connecting with friends.

## Be active

*[Footage of mother pushing son on a scooter outdoors in a park]*

Exercising will help maintain everyone's health and mental wellbeing.

*[Dr Elizabeth Kilbey talking to camera from her home]*

Physical activity releases endorphins which improves mood, energy and focus, whilst reducing anxiety.

*[Footage of dad helping child to ride a bike outside during winter]*

Despite the cold, mix it up with getting outside as well.

## Get involved if you can

*[Footage of mum and daughter sitting on a sofa together reading a book]*

Try to work together on something. You'll be amazed at the things you can create!

*[Dr Kilbey scrolling through the BBC Bitesize website on a laptop]*

Other online resources are available to help, such as the [Oak National Academy](#) and [BBC Bitesize](#).

## Praise your children

*[Footage of Dad and son laughing]*

Children need regular praise to help keep them engaged and motivated.

*[Footage of Mum and daughter high five]*

So, praise them for their schoolwork but also their behaviour at home.

## Be mindful of mental health

*[Dr Elizabeth Kilbey talking to camera from her home]*

As a parent we often feel that all the support for our children lies with us.

but we have to remember we can't always have all the answers.

*[Footage of children studying]*

The best thing we can do is listen to our children and ensure that they know that we are there for them.

*[Footage of Every Mind Matters website on screen]*

Visit the [Every Mind Matters](https://www.everymindmatters.org/) website for support on mental health and wellbeing.

## Don't be too hard on yourself

*[Dr Elizabeth Kilbey talking to camera from her home]*

And remember don't be too hard on yourself.

*[Footage of parents and children sitting together learning at home]*

This is a challenging time for all parents and children.

*[Footage of parents and children sitting together learning at home]*

Home learning is difficult but remember, you're not expected to be the teacher.

*[Footage of parents and children sitting together learning at home]*

We are all doing our best to support children's learning in this tough time.

*[Dr Elizabeth Kilbey talking to camera from her home]*

For more information about remote education guidance go to: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Or speak to your child's school or college.

*[Department for Education logo and gov.uk/coronavirus-education appear on screen]*