



Some tips and ideas to support you in these difficult times:

- ❖ Look after yourself: remember that you are not a teacher, sticking to basic learning is often enough. You are doing the best you can.
- ❖ Acknowledge your child's resistance and feelings: Help them put their feelings into words. If they feel better, they will learn better. For example: "You sound frustrated", or "I know this feels hard, let's give it a try" ...
- ❖ Set realistic goals: if your child is refusing to work, you can start by aiming for 10 min and slowly increasing to 20min. This will set them up for success and will help reduce their resistance.
- ❖ Be playful whenever possible. It helps them associate learning with a positive experience and positive feelings. For example, maths questions could involve things or characters they personally like; maths facts can be learned using a soft ball (you can pass the ball with a question and they can return it to you while giving the answer).
- ❖ Allow for regular short breaks. They can stretch, grab a glass of water. They need physical activity and movement. It's an opportunity for both of you to take a break.
- ❖ Give them something to look forward to: What would you like to do once you are finished with schoolwork?
- ❖ Allow for natural consequences: If they haven't finished what they were asked to do; their teacher/school can follow up on this. Coordinate with the teacher if needed.
- ❖ Choose your battles. Try to ignore minor problems, and remind yourself we all have good days and bad days. If they don't do their work one day, it's Ok. Give them a fresh start the next day.
- ❖ Give more attention to positive and cooperative behaviour.
- ❖ Focus on the behaviour not on the child. Avoid criticism such as: you are...you always...
- ❖ Invite them to brainstorm with you. Sit down with them and look for a solution together.
- ❖ Congratulate yourself (and them) on a good day: Every success counts. Notice what works.

All the best,
Joanne Walsh