



## Finding a routine that works for you

The school day helps structure our week; schools have clear start and finish times. In the context of some children needing to self-isolate, remote home learning may have brought challenges to ordinary living, routines and structures. To ensure the best education for our children it's important that we achieve consistency of routine to support their education, wellbeing and wider development. - routines support our children for these areas.

Here are some tips to help you establish a routine:

- Wake up at a regular time
- Plan/do some daily exercise – respect social distancing
- Read in a quiet space e.g., a book from school or something of interest to you
- Have food and drink at regular times
- Talk together, general and about goals, dreams
- Practice a maths skill every day
- Talk about how you're feeling
- Share a difficulty about school work, with a friend, family or your school
- Share household jobs
- If possible, make a workspace in your home
- Make a timetable, share this, include time for school work and time for leisure

### Other tips sheets:

- IT and Online Support for Families
- Internet Access and Speed
- Home learning workspace

## Things to remember

- A routine provides a framework, a map to help us achieve our goals.
- A routine helps our children feel safe and especially so in times of uncertainty.
- Parents/carers can help children establish new routines by setting time for school work, exercise, rest, and to ensure sleep.
- Making a framework now can help with later learning e.g. at college or university when learning is done independently.
- The framework you set needs to work for you, for learning goals, activities and for health, downtime and sleep.
- As with any map we sometimes need to take a detour, to take an alternative route. If this happens with your plan try not to be hard on yourself/your children, **you can get back on track**.
- Play and have fun with learning, parents/carers and children – be interested in each other's learning, talk and share dreams.
- Keep in contact with your school, someone will be there to help.
- If things get difficult, talk with someone you trust, or, a support agency.

## Education Endowment Foundation



The Education Endowment Foundation (EEF), an education charity, provides more information on supporting home learning. Their planner to help you plan your day and you can download this here:

### Supporting home learning routines

#### Planning the day

Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#).

	M	T	W	T	F
I woke up at a good time.					
I did some exercise.					
I had regular meals and drank water.					
I enjoyed some reading in a quiet space.					
I practised a maths skill.					
I completed some school work at my work space. I churked it so I had some breaks too.					
I talked to my family about my day and how I am feeling. I asked them about their day.					
I helped with a household job and talked to my family while I did it.					
I contacted my friends.					
I spent some time on my creative hobby.					
My parent/carer told me what I did well.					
My goal:					
My goal:					

EEF have also produced a video 'Supporting daily routines during school closures' which might be helpful to discuss planning your own routine together – to watch the video click the link below.

- **7 top tips to support reading**
- **Read with TRUST**



**My weekly planner:**  
Planning our time

Day	Our plan
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>To do list:</b>	
<b>Notes:</b>	