



# The Willows Primary School

## Parent Information Sheet 2

### How to help your child with their learning

#### Showing an interest in your child's learning

- Provide opportunities to explore or learn.
- Talk about things that they're already interested in.
- Nurture their interests with questions and further opportunities for them to grow their talents.
- Lead by example to show how much you value learning and exploration of interests.
- Create the right learning environment for them to complete their homework – a space where they are not disturbed by siblings or noise and where they have space to lay out their books etc.
- Encourage active learning – learning by doing.
- Talk to them about what they have done in school during the day – show an interest.

#### Encourage your child to read

(More advice on this in Parent Information Sheet 3)

- Read to your child on a regular basis.
- Show your child that you are a reader – modelling for your child is a powerful thing.
- Snuggle together and enjoy a story – talk about the story.
- Put the subtitles on your TV for your child to read along to
- Use your local library
- Let your child access Accelerated reader at home  
<http://ukhosted73.renlearn.co.uk/2248281>
- Access free books to read online or download PDF versions here [Free Children's Books - Stories, ebooks, textbooks, and much more \(freekidsbooks.org\)](http://Free Children's Books - Stories, ebooks, textbooks, and much more (freekidsbooks.org))

#### Helping your child build maths skills

- Practise multiplication tables daily.
- Ask them to keep track of what you are spending at the supermarket – roughly rounding up to estimate the cost at the end.
- Practise counting up and down to ten
- Encourage your child to look at the clock whilst you read the time to them
- Talk about how to share things, for example a cake between four people – each getting a  $\frac{1}{4}$
- Practise number bonds to 10, 20, 50, 100

#### How to help your child build resilience

- Support your child but try not to solve every minor problem or disappointment. For example, if your child doesn't get invited to a birthday party or didn't get what they want for their birthday, you could talk about how they feel instead of trying to fix the problem.
- Avoid predicting and preventing problems for your child. This might mean letting your child hand in homework that's wrong or not replacing a broken toy. Overcoming small challenges builds your child's resilience for bigger setbacks.
- Help your child to identify and manage strong emotions.
- Encourage your child to have another go when things don't work out the first time they try something.
- Build your child's self-compassion. Self-compassion helps your child deal with disappointment, failures or mistakes by being kind to themselves. In turn, this helps them to move on from difficult experiences.
- Make it a habit to recognise and acknowledge when things are going well. For example, during family meals you could each share one positive thing from your day.
- Help your child to develop problem-solving skills in an age-appropriate way. For example, if a child at school says or does something unkind to your child, brainstorm how your child might respond next time.
- Find a positive role model who has experienced similar challenges to your child.

#### Routines and independence

- Have an established routine in the morning to ensure your child is happy and ready for school
- Make sure your child has everything they need for the day – water bottle, snack etc
- Encourage your child to pack their own bag for school – age appropriate.
- Encourage your child to learn their own timetable – e.g. know when it is a PE day, know when they have forest school and dress appropriately.
- Encourage your child to be responsible for completing their own homework and making sure it is handed in on time.
- Encourage your child to put their clothes out in the evening ready for the morning.