

### Parent/Carer Home-School Survival Toolkit

| Challenge Faced...   | Things I can do...  | Further Support...   |
|--|---|--|
| How can I adapt to a home-working environment?   | <ol style="list-style-type: none"> <li>1) Get dressed to get yourself in the mind-frame for working.</li> <li>2) If you can, set up a home-office space in a part of the lounge/spare room.</li> <li>3) Stick to a daily routine and establish boundaries – what does your supervisor expect to be finished by the end of the day/have you set a goal?</li> <li>4) Keep active - go for a walk/run at lunch time if possible, stretch often.</li> <li>5) Take regular breaks.</li> <li>6) Communicate – phone-call meetings where you can.</li> </ol>   | <p><b>BBC</b> – <a href="#">Five Ways to Work Well from Home</a></p> <p><b>Mind</b> – <a href="#">Coronavirus and your wellbeing</a> – tips and strategies</p>   |
| I am working from home (WFH) and looking after my children, how can I build a routine around this? | <ol style="list-style-type: none"> <li>1) Create a daily and weekly, structured timetable with your children (if you can), allow them to take part in making decisions about when they learn, play and take breaks. This is likely to look quite different from their school timetable.</li> <li>2) If you have a partner also WFH, schedule in when you are each going to be responsible for the children.</li> <li>3) Have a clear understanding of your work's expectations and deadlines, anticipate that tasks may take longer to complete with the addition of child-care in your daily work schedule – communicate with your manager regularly to discuss this.</li> <li>4) Read through guidance/resources provided by your school so you understand what your child is expected to complete.</li> <li>5) Use the links below to find further educational resources to enhance your child's learning.</li> <li>6) Embrace the challenges the school tasks provide and offer your child practical tips to help problem-solve but not the answer itself.</li> <li>7) Take regular breaks; you could take the opportunity to do a short/long physical activity using the links below.</li> <li>8) Make an agreement about screen-time limit on phone/tablet settings. Come up with a list of activities that don't involve a TV/tablet/phone screen.</li> <li>9) Encourage ideas for positive social action especially at this time i.e. crafts/pictures/letter writing to elderly/vulnerable in your local area.</li> </ol>   | <p>Facebook groups and Twitter have regular updates, suggestions and advice</p> <p><a href="#">@TeacherToolkit</a> – resources and advice on home schooling your children</p>  |
| Where can I find good educational resources?   | <p>Your school should provide you with some work and resources you use during this period of school-closure.</p> <p>Websites you might find useful:</p> <p><b>TES</b> – <a href="#">Covid-19 Home-Learning Pack</a></p> <p><b>BBC Bitesize</b> - <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a> - Learn and revise subjects for all ages.</p> <p><b>BBC Learning</b> - <a href="http://www.bbc.co.uk/learning/coursesearch/">http://www.bbc.co.uk/learning/coursesearch/</a></p> <p><b>Blockly</b> - <a href="https://blockly.games">https://blockly.games</a>- Learn computer programming skills – fun and free.</p> <p><b>Scratch</b> - <a href="https://scratch.mit.edu/explore/projects/games/">https://scratch.mit.edu/explore/projects/games/</a> - Creative computer programming</p> <p><b>National Geographic Kids</b>- <a href="https://www.natgeokids.com/uk/">https://www.natgeokids.com/uk/</a> - Activities and quizzes for younger children.</p> <p><b>Duolingo</b> - <a href="https://www.duolingo.com">https://www.duolingo.com</a> - Learn languages for free. Web or app.</p> <p><b>Mystery Science</b> - <a href="https://mysteryscience.com">https://mysteryscience.com</a> - Free science lessons.</p> <p><b>Crash Course Kids</b> - <a href="https://m.youtube.com/user/crashcoursekids">https://m.youtube.com/user/crashcoursekids</a>- As above for a younger audience.</p> <p><b>Crest Awards</b>- <a href="https://www.crestawards.org">https://www.crestawards.org</a> - Science awards you can complete from home.</p> <p><b>CBeebies Radio</b> - <a href="https://www.bbc.co.uk/cbeebies/radio">https://www.bbc.co.uk/cbeebies/radio</a> - Listening activities for the younger children.</p> | <p><b>Twinkl</b> – free one month ultimate subscription of educational resources aged 0-18+ years to support parent/care home education go to: <a href="http://www.twinkl.co.uk/offer">www.twinkl.co.uk/offer</a></p> <p>Enter code:<br/><b>UKTWINKLHELPS</b></p> <p>Or for more specific Parent Support use code:<br/><b>PARENTSTWINKLHELPS</b></p> |

| Challenge Faced...  | Things I can do...  | Further Support...  |
|---|---|---|
|   | <p><b>Nature Detectives-</b><br/><a href="https://naturedetectives.woodlandtrust.org.uk/naturedetectives/">https://naturedetectives.woodlandtrust.org.uk/naturedetectives/</a><br/>A lot of these can be done in a garden, or if you can get to a remote forest location!</p> <p><b>British Council</b> - <a href="https://www.britishcouncil.org/school-resources/find">https://www.britishcouncil.org/school-resources/find</a><br/>Resources for English language learning</p> <p><b>Oxford Owl for Home</b> - <a href="https://www.oxfordowl.co.uk/for-home/">https://www.oxfordowl.co.uk/for-home/</a><br/>Lots of free resources for Primary age</p> <p><b>Big History Project</b> - <a href="https://www.bighistoryproject.com/home">https://www.bighistoryproject.com/home</a><br/>Aimed at Secondary age. Multi disciplinary activities.</p> <p><b>Geography Games</b> - <a href="https://world-geography-games.com/world.html">https://world-geography-games.com/world.html</a><br/>Geography gaming!</p> <p><b>DK Find Out</b><br/><a href="https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktmpaxqZbkgudD49l71ep8-sjXmrac">https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktmpaxqZbkgudD49l71ep8-sjXmrac</a></p> | <p><b>Leeds City Council School Wellbeing Service</b></p> <p><a href="https://www.schoolwellbeing.co.uk/login">https://www.schoolwellbeing.co.uk/login</a></p> <p><i>(This is a free resource but you will need to register on their website)</i></p>   |
| <p>How can I talk to my children about coronavirus?</p>         | <ol style="list-style-type: none"> <li>1) Take stock of yourself and how you are feeling</li> <li>2) Be clear and use simple language</li> <li>3) Be reassuring</li> <li>4) If you are not confident, use aides such as Newsround, to help you to pitch the right tone</li> <li>5) Remind them of how they can help themselves and others by keeping clean and hand washing regularly<br/><a href="#">Newsround – Handwashing video</a></li> </ol>  | <p><b>WHO</b> - <a href="#">Guidance</a> for talking to children about coronavirus</p> <p><b>BBC News</b> – <a href="#">How parents should talk about coronavirus</a> to their children</p> <p><b>Place2Be</b> – <a href="#">Answering Children’s Questions about coronavirus</a></p> <p><b>Newsround Clip</b> – <a href="#">Coronavirus: Why it might not be as scary as it sounds</a></p> <p><b>Newsround Clip</b> – <a href="#">Coronavirus: Your Questions answered</a></p> |
| <p>What creative activities can I do with younger children?</p> | <p><b>13 Crafts for Kids to Make with 3 Supplies or Less</b> – <a href="#">Care.com</a></p> <ol style="list-style-type: none"> <li>1) <b>Painted rocks</b> - <a href="#">Collect rocks for your children to paint</a>. Look for small to medium rocks measuring between two to four inches in diameter. You could make a ladybird, giant eyeball, cat or abstract rainbow!</li> <li>2) <b>Rolled paper beads</b> - Paper, glue and glitter are all your children need to create <a href="#">rolled paper beads</a> that they can use to make decorative bracelets and necklaces.</li> <li>3) <b>Pine cone bird feeder</b> - If your children love to watch birds, turn your backyard into a bird haven by making these simple <a href="#">pine cone bird feeders</a> with only a few materials.</li> <li>4) <b>Paper tube rain stick</b> - Instead of tossing all of those paper towel tubes into the recycling bin, take a tip from the crafty blog <a href="#">Happiness is Homemade</a> by turning them into rain sticks that your kid can use to make beautiful music.</li> <li>5) <b>Paper bag flower tiara</b> - Create a super easy and inexpensive <a href="#">paper bag tiara</a> using a standard paper grocery bag and faux flowers.</li> </ol>          | <p><b>The Artful Parent-</b><br/><a href="https://artfulparent.com/">https://artfulparent.com/</a></p> <p><b>Red Ted Art</b> - <a href="https://www.redtedart.com/">https://www.redtedart.com/</a> –</p> <p><b>Toy Theater</b> - <a href="https://toytheater.com/">https://toytheater.com/</a></p> <p><a href="#">50 Activities for Young Children to do While you Work at Home</a></p>   |

| Challenge Faced...  | Things I can do...  | Further Support...  |
|---|---|---|
|   | <p>6) <b>Cupcake flowers</b> - <a href="#">Laughing Kids Learn</a> suggests using paper holders by creating decorative cupcake flowers.</p> <p>7) <b>Glove monsters</b> - If your children love monsters, make a few gnarly creatures out of old gloves and pieces of felt fabric, just like those inspired by the craft-lovers blog <a href="#">Craftaholics Anonymous</a>.</p> <p>8) <b>I Spy jar</b> - Make an I Spy jar like one found on <a href="#">Shabby Chicks</a> out of a recycled glass jar, some dried rice and odds and ends from your child's bedroom.</p>   | <p><a href="#">Pinterest - Keeping Kids Busy</a></p>  |
| <p>How can I help my child keep active and/or burn off energy throughout the day?</p> | <p>Take regular breaks throughout the day, pick one of the following activities so children can burn off some energy.</p> <p>YouTube videos free to access:<br/> <a href="#">Cosmic Kids Yoga</a><br/> <a href="#">Just Dance</a><br/> <a href="#">Joe Wicks Classroom Workouts</a><br/> <a href="#">Disney Wake Up Shake Up</a><br/> <a href="#">BBC Supermovers</a><br/> <a href="#">GoNoodle</a></p> <p><i>Activities In the Garden</i></p> <p><b>Personal Best</b> – challenge themselves with an activity to get better every time and record! I.e. skipping/star jumps/keepy ups.</p> <p><b>Circuit Training</b> – set out 5-10 exercises / obstacle course i.e. star jumps in left corner, shuttle runs down the middle, for a mini assault course!</p>  | <p><b>The Body Coach TV</b> –<br/> Monday – Friday<br/> 9am - Live Stream 30 minute PE lesson for Primary and Secondary school</p>  |
| <p>How can I look after my own mental health?</p>                                     | <p><b>Planning and preparing to stay indoors:</b></p> <ul style="list-style-type: none"> <li>✓ Eat well and stay hydrated.</li> <li>✓ Keep taking your medication if you take any and plan for how you will access this going forward.</li> <li>✓ If you are spending more time at home than usual you may find it helpful to keep it clean and tidy; it is a common way to be at peace with your surroundings.</li> <li>✓ Cleaning the house, doing your laundry and cleaning yourself is an important way to stop germs spreading and can help make you feel settled and comfortable.</li> </ul> <p><b>Looking after your mental health:</b></p> <ul style="list-style-type: none"> <li>✓ Decide on your adjusted daily routine.</li> <li>✓ Find ways to relax and be creative.</li> <li>✓ Take care with news and information – if it makes you anxious limit the amount of news you receive.</li> </ul> <p>See further advice from <b>Mind</b> - <a href="#">Coronavirus and your wellbeing</a></p> <p><b>NHS - <a href="#">Five Ways to Wellbeing</a></b></p> <ol style="list-style-type: none"> <li>1) <i>Connect with other people</i><br/>Facetime/Skype/games online, check in with friends by calling them - not just messaging.</li> <li>2) <i>Be physically active</i><br/>If you can't get out to run/walk there are lots of YouTube exercise sessions! Try <a href="#">The Body Coach</a> or <a href="#">Yoga with Adriene</a></li> <li>3) <i>Learn new skills</i><br/>Keep your mind stimulated - learn a new language with <a href="#">Duolingo</a> or try your hand at <a href="#">gardening</a> or growing in your house!</li> <li>4) <i>Give to others</i><br/>Particularly important to stay giving right now - think about actions you could do for vulnerable people in your area – create something</li> </ol> | <p><b>Mind</b> – <a href="#">Coronavirus and your wellbeing</a> – tips and strategies</p> <p><b>Young Minds</b> – <a href="#">Parents Survival Guide</a> - Information on how to support your own mental health and your child's mental health.</p> <p><b>Young Minds</b> – <a href="#">Parents Helpline</a> - advice and tips on a range of topics chosen by parents, for parents.</p> |

| Challenge Faced...  | Things I can do...   | Further Support...  |
|---|--|---|
|   | <p>with your children for an elderly neighbour / offer to do help out with their shopping.</p> <p>5) <i>Pay attention to the present moment</i><br/>Practice mindfulness with the <a href="#">Headspace App</a></p> <p>Live in Manchester City Council? Sign up to <a href="#">Manchester Libraries</a>, download the Borrowbox app and download books and audiobooks on to your phone/tablet all for free!</p>  |   |
| How can I look after my children's health and wellbeing?                              | <p><a href="#">Cosmic Kids Yoga</a> – Yoga and Mindfulness using words, play, stories.</p> <p><a href="#">GoNoodle</a> – lots of videos to get children active.</p> <p><a href="#">RHS School Gardening</a> website has lots of ideas for simple gardening activities that families can try at home - Little Garden Watering Can and Tools M&amp;S £3.</p> <p><a href="#">NHS Healthy Eating for Teens</a> webpage has hints and tips for eating well on a budget along with some delicious and nutritious recipes to try.</p> <p><a href="#">BBC Good Food</a> website is full of recipes suitable for all different abilities and budgets and there are loads of healthy options to choose from.</p> <p><a href="#">Change4Life</a> website has a wealth of ideas to support children and families including; 10 minute fitness games, simple recipes and healthy lifestyles advice, all presented in a family friendly way.</p> <p><a href="#">The National Trust</a> are working hard to keep open their gardens, parks and open spaces and many places have been opened up for free with free parking during this time.</p> <p><a href="#">Free online tours of the best art galleries in the world</a> Google Arts &amp; Culture teamed up with over <a href="#">500 museums and galleries</a> around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.</p> <p><a href="#">The Trussle Trust</a> is a nationwide network of food banks that together provide emergency food and support to people locked in poverty.</p> | <p><b>Anna Freud NCCF - Supporting young people's Mental Health during Periods of Disruption</b> – advice for young people, parents/carers and educators.</p> <p><b>Manchester Healthy Schools – Talking to My Child About Mental Health</b></p> <p><a href="#">Kooth</a> – a free online counselling platform where young people aged 11 upwards can access professional support with their mental health.</p> |
| What information, guidance and support is there for families with children with SEND? | <p><a href="#">Carers UK – Coronavirus Guidance</a></p> <p><a href="#">WellChild - COVID-19 Information For Parents And Carers</a></p> <p><a href="#">Mencap – Easy Read Coronavirus Guidance</a></p> <p><a href="#">Dealing with COVID-19: Resources for Special Educators, Therapists &amp; Families</a></p> <p>These links were taken from <a href="https://www.schoolwellbeing.co.uk/login">https://www.schoolwellbeing.co.uk/login</a> and was created by the School Wellbeing Service at Leeds City Council.</p>   |   |
| How can I keep my children safe at home?  | <p>Here are some simple reminders about keeping your home safe for your children:</p> <ul style="list-style-type: none"> <li>✓ Keep hot cups of tea up and away from young children (a hot drink can scald up to 15 mins after being poured).</li> <li>✓ Do not drink hot drinks with a baby on your lap or pass hot drinks over them.</li> <li>✓ Put fire guards around heating appliances such as irons, hair straighteners and radiators as they can cause deep burns.</li> <li>✓ Make sure pan handles are pointing away from the side of the hob.</li> <li>✓ Move kettles out of reach.</li> <li>✓ Keep matches and lighters out of reach.</li> <li>✓ Don't leave children unsupervised near water (baths, buckets, paddling pools, bowls) as children can drown in less than 5 cm of water.</li> <li>✓ Household chemicals and medicines can poison so they need to be kept in high or locked cupboard.</li> </ul>   | <p><b>Keeping your child safe online while they are off school:</b></p> <p><b>Thinkuknow – Parent Helpsheet for Primary Children</b></p> <p><b>Thinkuknow – Parent Helpsheet for Secondary Children</b></p> <p><b>Thinkuknow – Parent Homepage</b></p>  |

