

# EDINBURGH LEARNS @ Home

## Supporting Children and Young People at Home During School Closures (Learning)

### Introduction

These are very unusual and uncertain times for everyone. Comprehensive guidance on [Supporting Children and Young People at Home During School Closures](#) provides an overview of key messages and recommended resources which you may find useful. This document links those key messages to learning at home.

### Talk About Coronavirus



- Discuss what is happening with your child and keep them up to date about school closures.
- You might want to help them understand this situation through stories e.g. [Coronavirus – a book for children \(for primary age children\)](#), or websites e.g. [The Young Scot Website](#) (for older children).

### Create Routines



- Routine is important. This will help make the days more predictable for your child.
- Set times for getting up and going to bed, particularly during the week.
- Try to limit their time on technology.

### Keep Learning



- Aim for a maximum of three to four hours of learning per day.
- Help your child to make a plan so they know what they are doing each day (you might want to do this the night before).
- Help your child identify a space where they can work, and what they will need.
- Praise your child for their effort.
- You are not your child's teacher. You can help your child reflect on their learning by asking questions like "what did you learn today?", "what was challenging today?", "what would you like to learn next?".

### Keeping Active



- Encourage your child to be active. Make time for outdoors and exercise every day if possible.

### Staying Connected and Emotionally Healthy



- Encourage your child to keep in touch with their friends and help them with how to do that.
- Maintain your own friendship and family connections to share practical and emotional support with learning at home.

### Looking After Yourself



- Is there anything your child would like to learn while they are at home? Having a say in what they want to learn might make them feel more in control.

### Additional Sources of Information



- [The National Parent Forum of Scotland: Learning at Home in Term 4 – Guidance for Parents and Carers](#)
- [NHS Lothian – COVID-19 Resources](#)