

Working from home with children home from school -

Tips for parents and carers



CONTENTS

3. Introduction about this guide
4. FAQ - Working from home as a parent/carer
5. FAQ - Additional advice for lone parent/carers and those with limited childcare support
6. FAQ - How to continue supporting your child's learning from home
7. Ideas and tips for educational fun at home
8. P.E. with Joe Wicks - free fitness activities designed for kids
9. Twinkl - FREE online teacher-created educational resources
10. Staying in touch and getting support
11. Final notes

March - 2020

With yesterday's announcement that schools are to close from Friday, working parents and carers are facing the challenge of how to continue working with children at home.

Where possible, businesses are completing the process to enable their employees to work from home. However, with children now sharing the same space as homeworkers, we're going to have to get creative to make it work!

This is an uncertain time for all of us and our job roles and circumstances are all individually different. Whilst this guide simply cannot be 100% relevant to everyone, hopefully everyone can take something from it, even if it is just one idea to keep the kids busy for a few hours!

If you have your own ideas or tips for any fellow homeworking parents, let us know via our socials and we'll share them!

Good Luck Everyone! 

"Schools are closed and my company is enabling me to work from home. I have never worked from home before - where do I start?!"



Firstly, the situation right now means no one knows all of the answers, but as the days go on we need to look for solutions to make the best of what we have. In normal circumstances most people don't have to do their job and care for their school age children in the same place, at the same time. This is now many people's reality.

Depending on your living and family arrangements, decide where you are going to set up your work space and who is going to be available to care for your children. If you live with a partner or other adult family members, discuss with them if, and when they will be able to help with childcare so you are able to work without too many distractions. You may be able to share the childcare responsibilities allowing each other to work whilst the other cares for the children.

If you are a single parent or will not have the option of someone available to help, this might inevitably be more challenging for you. You will need support from your line manager, teammates and senior management to make it work. You can make it work, it might just require a little thinking outside of the box!

 tips to follow

"That's me! I am a single parent, my kids' childminder is not allowed to stay open and my elderly parents are self isolating. I will be working from home in my telesales role and my two children will be home too - help!"



Try and stay calm! Make sure your employer is aware of your personal circumstances and ask them for support. They should be able to help you work out a solution to make it as easy as possible to fulfil your work responsibilities from home whilst the schools remain shut.

One way people are working around this, is to be more flexible around the hours they are working. Instead of their usual 9-5 Mon-Fri clock in and clock out, they are getting up earlier in the morning (at least the dreaded commute is on pause for now!), and completing a few hours of work before they need to be on hand for the children. Similarly, they are also using the evening to work once children are settled down and/or gone to bed.

Chat to your manager about whether you can work any hours over the weekend to give more free time during the week to be with the children. Employers should be as flexible as they possibly can be during this time for all of their staff.

"So I am now set up to work from home which is going ok so far, but the schools shutting makes things more complicated. I am not sure yet what the school will be providing in terms of online teaching. In the meantime, I need to provide an element of home-schooling....eeeeek not sure how to go about this!"

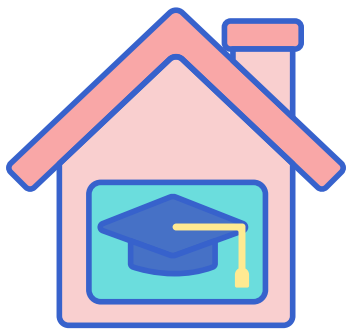


It's not yet known what online lessons will be provided to children at home or how this will happen. It will most likely vary from school to school and headteachers and their teams will be busy planning for this now. Many teachers will be in the same boat as you, with their own children at home for the foreseeable future.

You may decide you want to provide some homeschooling yourself. However much time you are able to spare for this will benefit your child and can be enjoyable for you both, spending time on tasks and activities together that normal life doesn't always allow for.

Similarly to mixing up your usual hours of working, learning at home doesn't have to be 9am-3pm. Use early mornings, early evenings or weekends to use for learning and educational play. Here's some ideas and useful resources which might help.

 tips to follow



IDEAS TO HELP YOUR CHILD KEEP LEARNING WHILE WE STAY AT HOME

DIY Junior Apprentice

Talk to your child about running a business - what would they choose to sell? Would it be a product or a service? Set them a challenge to decide on a business and put together a business plan - either written or using a format like PowerPoint. A fun objective can be how they would make £5 profit. Ideas for different businesses could be:

- Opening up their own gallery where they display sell their own art and crafts. Imagine the hours of peace and quiet while they create masterpieces to sell!
- Running their own theatre - putting together a show and charging an entry fee to watch.

You might want to rope your friends and family to help share the load with this one! Get them on FaceTime so they can enjoy the performance too! :-D



Online quizzes that aid learning (we love doing these!)

There's some brilliant online games that not only are great fun but also a great way to learn. Particularly if you play them over and over, as your score improves each time your knowledge increases.

www.sporcle.com/games/g/states

www.sporcle.com/games/g/world

www.sporcle.com/games/g/worldflags

The idea is to guess the US states and countries based on points on a map and what country the flag is for. You have a timer which gives you a set amount of time to get as many answers as possible. If you have more than one child at home, they can compete against each other. If not they can get their friends involved and share their results with each other. Or give it a go yourself, you'll be surprised how competitive you will get, and how bad your geography is! :-)

Origami

Origami is a fun and interesting activity for children of all ages - there are plenty of easy to follow tutorials on YouTube, or you can google Origami PDFs if you have access to a printer at home. This is also a good site origami-fun.com.

 more fun here



IDEAS TO HELP YOUR CHILD KEEP LEARNING WHILE WE STAY AT HOME



P.E. with Joe Wicks

Joe Wicks (AKA The Body Coach) is a fitness coach who shares regular fitness and nutrition online.

He has just announced that from Monday 23rd March he will be hosting a free workout aimed at kids LIVE on his YouTube channel.

The workouts will be fun, suitable for all ages and even adults can get involved.

Children won't need any equipment, they can just tune in at 9am each morning for a 30 minute, fun workout.

What better way to give you a chance to get started on your working day and for the kids to stay fit, energised and happy.

You can subscribe for free if you go to

www.youtube.com/thebodycoachtv



IDEAS TO HELP YOUR CHILD KEEP LEARNING WHILE WE STAY AT HOME



www.twinkl.co.uk

Twinkl is an online educational platform that produces teaching and education materials. This is usually a paid for service, but they have recently released all content for FREE because of the current global situation, which will be really helpful for parents and carers.

- **Teacher created planning and assessment materials**
- **Suitable for primary and secondary aged children**
- **Covers primary EYFS, KS1, KS1, SEND, EAL, English, Maths and Science for secondary level as well as activities, crafts and educational resources aimed at parents.**
- **Dedicated section on website for Home Learning**

We hope you are able to take even just one thing away from this guide that might help to make the next few weeks slightly easier.

If you are struggling, need help and advice or just someone to talk to, let your line manager know and they will support you by helping you look for some solutions.

Remember! If you have your own ideas or tips for any fellow homeworking parents, let us know via our socials and we'll share them!

Good Luck Everyone!



Finally....

- Your child's school should keep you up to date with latest news and updates, as well as advise on how to support your child (and your family) during this period. They may soon be running online lessons albeit on a reduced timetable. Keep an eye on their website and social media platforms.
- The charity Action For Children are on hand to support parents when they need them. They do this by running services across the UK and online.

www.actionforchildren.org.uk/support-for-parents