



## Maintaining the Balance

Know that your child may experience a mixture of emotions throughout these times, they have lost the sense of freedom and will miss their friends. Try using creative play and arts to help them process any uncomfortable feelings. There are some great ideas here: [Family Lockdown Activities and Tips for Parents.](#)

It may be that you are working from home yourself, try not to be hard on yourself and remember that you are not a qualified teacher, it takes years to learn these skills. Try to remain positive and reflect on what you have learnt about your child's learning.

To manage your time effectively build in a timetable with your child that promotes built in reward time (free time) this will offer you valuable time to get on with your own tasks. The afternoon could be more about creative time and free time.

## Overcoming Challenge

Your child may struggle to stay focussed on their learning time, it's ok to stop and pause and come back to the learning; you may want to use a timer for this.

Children love displays; try collating a display with your child either on a chalk wall or use a cork noticeboard where they can pin their timetable and celebrations of work they are proud of. Positive quotes and affirmations are particularly helpful and raise self-esteem.

## Supporting Emotions

Give your child time to absorb and process all the challenges in their life and think about minimising levels of information and instruction that you give your child at any one time, taking small steps is key and don't forget to celebrate the small wins.

I have also attached a “planning the day” document which has been produced by the Education Endowment Foundation which some of you may find useful.

Kind regards,

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