Supporting your child at home during lockdown: Ideas from the Educational Psychology Service

**1. Go back to basics.** If your child is unsettled and overwhelmed, focus on supporting with their sleep patterns, eating and drinking regularly, and having periods of activity and rest. Everything else can wait.

**2. Filter through the internet noise.** Lots of parents are posting about what they’re up to (but remember that they probably aren’t posting their bad days!). The live sessions, learning materials and helpful resources flying around are great but can feel overwhelming. Take what’s helpful to you, and leave the rest. If you need some time away from groups and social media, that’s ok too.

**3. Learning is all around.** Home schooling families don’t sit down at a table with workbooks for six hours a day, and you don’t have to either. You have always been your child’s main teacher, and your child won’t ‘fall behind’ if you focus on daily life and doing things you all enjoy.

**4. Do what works for your family.** What daily rhythms feel right? How much structure do you need? Structure doesn’t have to mean formal activities, although it can do, if that’s what your children need. There is no wrong way to do this.

**5. Pace yourself**- this is a marathon, not a sprint. Don’t use up all your resources in the second week. Build some down time for yourself into each day- even if this means your child getting more screen time than you’d ideally like.

**6. Ask for help when you need it.** Many local and national organisations are still supporting families. These include National Autistic Society, local SENDIASS Services, Mencap and Young Minds.