

Home Learning Support for Parents

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How can you support your child with their return to school?

Today marks the end of home learning for students in Prep - 2 and the end is now in sight for students in 3 - 6. For many families this may be a moment to rejoice. It may also be a moment of sorrow, if you have relished in this period of direct involvement with your child's learning. Whatever your experience of home learning, it will certainly be a unique and memorable event for you and your child(ren) to remember for years to come.

Your child(ren) may feel a mixture of emotions about returning to school. In their world, it has been a long time since they last stepped foot in their classroom. For our Prep students, it has been almost half of their entire schooling life! The feelings of anxiety that students often feel at the beginning of a school year, may return once again. Here are some ways you can support your child(ren) with their return to school:

- Ask your child how they are feeling about returning to school. If your child has been learning about the Zones of Regulation with their class teacher, they may identify their feelings by referring to a coloured zone. Watch [this video](#) made by Christie Walsh to learn more about each zone.
- Ask your child to share a happy memory from Term 1 at school.
- Help your child to identify something they are looking forward to doing or someone they are looking forward to seeing when they get back to school.
- Prepare for school the night before. Help your child to pack their school bag and lay out their school uniform so they feel ready for the school day.
- Reassure your child that what they are feeling is OK. Many other children will be experiencing similar feelings.

Blue: feeling sad
Green: feeling calm
Yellow: feeling worried or anxious
Red: feeling very anxious

Zones of Regulation

How can you help your child with maths during learning at home?

For many parents and carers, supporting their child's learning of maths at home can be challenging. It may have been some time since their own schooling or they may have negative memories associated with the learning of maths at school. An article was published in The Age last weekend called, "[Helping your kids learn maths at home doesn't have to be daunting](#)". Peter Saffin, the CEO of the Mathematical Association of Victoria and former teacher, shares his personal experiences of supporting his own 7-year old son through home learning. He highlights the need to make learning a positive experience.

Here are his **top tips** to help parents get through:

1. **Use strategies:** Learning maths is about reasoning and using many different strategies to solve problems and develop thinking.
2. **Ask questions:** Even if you do not know the answer! As mentioned in a previous article on *Effective Feedback*, questions can help prompt student thinking. E.g. *What thinking did you use to get this far? What else could you try?*
3. **Be persistent and learn together:** When things get challenging, adopt the growth mindset of "I can't do that YET" and celebrate successes, however small, together.
4. **See maths everyday:** Take advantage of the maths that is all around us in activities such as, cooking, sport and shopping.
5. **Stay positive and don't pass on your baggage:** Avoid statements such as, "I was never good at maths" or "I never liked maths".

"Helping your kids to do maths at home should be a positive experience for everyone."

Peter Saffin
CEO Mathematical Association of Victoria

