

8 Parenting Tips for Home Schooling During The Lockdown

Parenting is one of the most challenging tasks, and during the lockdown parenting become even more challenging, especially that you are asked to support your children's with their education at home, which can add to the different challenges that you and your children are going through at this difficult time; However, we should always remember the bigger picture, there is life after the lockdown your interactions with your child needs to be positive that can help his/her self-esteem and resilience to develop positively.

I am proposing the following 8 tips to help you manage some of the challenges that home schooling brings and with the aim to make it a positive experience for you and your Child/Children:

1. Be calm: don't shout when you ask your children to do school work, just encourage, guide and support.
2. Listen to your child: these times are hard for your child too, help them to make sense of everything happening, it will help in decreasing their anxiety and fear and can help their self-esteem and resilience to develop positively.
3. Show your child that they are special: always remember to show your child that you love them unconditionally.
4. Encourage independent learning: don't do your child's homework, but always be there to support, encourage and motivate.
5. You are a parent not your child's school teacher: always show your child love, assurance when they can't understand a task and celebrations when they complete a task.
6. Create a school work timetable: make sure you add activities and you take part.
7. Motivate and encourage: celebrate when your child completes a task and encourages and motivate them.
8. Always communicate with your child's teacher: share with them the challenges and the positive experiences of home schooling and ask for their advice and guidance.

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