

# 8 Handy Tips for Home Learning (For Parents/Carers)

Whether it's your first time, or if you've been through home learning before with your teenager, adapting to a learning routine from home can be challenging. These tips will support you and your teenager during this time to stay mentally healthy & have a more positive experience while learning from home!

## No. 1 Motivate Your Teenager Daily

Use positive thoughts to help your teenager cope.  
For Example: 'I can see you are doing well & I am proud of you' OR 'Just take one day at a time & try your best' OR 'You can do it.'

## No. 2 Encourage Structure & Routine

Make sure your teenager goes to bed & wakes up at the same time each night & morning. Encourage them to maintain a morning routine eg. Do stretches, shower, get dressed, have breakfast. Help them create a plan & goals for the day or week so they can feel more organised & in control.

## No. 3 Eat Healthy Food

Good nutrition & healthy eating will give your teenager the energy to get through the day & feel physically healthier! Encourage plenty of fresh veggies, fruit & water.

## No. 4 Regular Breaks

Ensure your teenager takes regular breaks every hour, even just to stand up & away from the computer. Encourage things that will rejuvenate, such as exercising, drawing or journaling, listening to music or meditation, chatting to a friend to motivate each other at lunch.

## No. 5 Encourage Daily Physical Activity

It's a scientific fact that exercise brings us good feelings. Encourage your teenager to try a morning fitness routine, yoga, dancing, or walking.

## No. 6 Try Have a Designated Study Space

A designated study area is ideal. This space should be away from distractions such as excess noise, TV or access to social media, to help them focus. This space should also have the correct equipment to provide the right postural support. If your teenager is sharing a space with you or other family, try to allocate them their own section of the room or desk.

## No. 7 Ask for Help

Your child's school, family members, other parents, & external youth services are available if you need help with your teenager's school work, motivation, mental health (or if you are finding this lockdown situation difficult). It is a challenging time for many & you are not alone.

## No. 8 Be Kind to Yourself & Your Teenager

These are unusual circumstances that can feel overwhelming. Be patient & kind to yourself & your teenager. After School, ensure your teenager takes time out from studying to relax, have some fun & connect with family & friends (even if it's online!). Make sure you also have relaxation time yourself.



YOUTH & COMMUNITY

[www.2connect.org.au](http://www.2connect.org.au) Remember, home learning is not forever and school will return soon when things are safer.

If you are feeling stressed or just want to chat, please call 2Connect on 95561769 or KidsHelpline 24hrs on 1800 55 1800