



Parent guide

How can I support my child with learning?

If you're concerned about your child's learning, there are several ways you can support them at home:



Start a calm conversation: sit down with your child and let them share how they're feeling about school. Ask open-ended questions to understand what might be causing any struggles, whether it's with the subject, managing time, or something else. Just having someone listen can be a big comfort.



Create a supportive space: set up a quiet, comfortable area where your child can work without distractions. Having everything they need within reach can also help them feel more organised. Students are always very welcome at our homework clubs.



Establish a (flexible) routine: help your child create a simple, balanced schedule / revision plan. While it's important to include time for schoolwork, it's just as crucial to make sure they have time for breaks, activities they enjoy, and rest. A routine can bring some calm and structure to their day.



Stay connected with teachers and heads of year: school staff can offer helpful insights and suggestions on how your child is doing. Staying in touch with them, can give you a clearer picture of how to help your child at home.



Encourage active learning: help your child break down their tasks into smaller, manageable steps. Use strategies like summarising key concepts, retrieval practice or discussing the material to make learning more memorable and engaging.



Foster independence (with support): instead of providing all the answers, gently guide them through the process or challenge. Ask thoughtful questions that encourage them to think critically, but make sure they know you're there to support them if they need help.



Celebrate little wins: take time to recognise and celebrate even small successes. Acknowledge their efforts and progress, as this can help build confidence and keep their motivation up.



Be a source of comfort: If your child feels stressed or anxious, remind them that it's ok to feel uncertain at times and that a certain amount of pressure can be normal. Reassure them that it's perfectly fine to ask for help and that they don't have to do everything on their own.