

## Dear parents and carers,

Hello again from [The Parents Guide to](#). We hope you had chance to enjoy the holidays and had some good times with your families and friends – both at home or online – over the past couple of weeks since we were last in touch.

On Thursday, the government announced that the current “stay home” restrictions will remain in place across the UK for at least a further three weeks. This week, many schools should have returned from the spring holidays, but instead they will remain closed as we enter the fourth week of lockdown. We are optimistic that schools will re-open for part of the summer term but, until then, here’s our tips to help you give your children the best support at home during school closures:

1. **Keep a routine:** As far as possible, try to keep bedtime, getting up time and meal-times aligned with what children would be doing if they were at school, including studying during the day;
2. **Check your child has a study timetable.** Are they clear about when they should be available to take part in online lessons arranged by their teachers? If they need additional lessons and are Year 10 or below, try one from the [Oak National Academy](#), created over the past fortnight by 40 teachers from some of the leading schools across England. If your child is sharing digital equipment, help ensure they have access at the times they need it;
3. **Make sure they spend some part of the day being active** – whether [joining Joe Wicks for an online workout indoors](#), getting out in the garden or going for a walk or cycle ride in the local neighbourhood;
4. **Keep your house stocked with healthy snacks** so they aren’t tempted to over-indulge in unhealthy alternatives. It can be tempting to keep grazing when at home, so restrict sugary, fatty snacks to occasional treats. Try to have breakfast, lunch and dinner together as a family and get teenage children involved in preparing family meals;
5. **Don’t forget to check they are drinking enough water** – dehydration can result in tiredness, irritability and is often mistaken for hunger, and this can trigger over-eating;
6. **Plan some fun times!** If they were back at school, there would still be time for them to do things they enjoy and have some time to themselves, so don’t forget this. Our recent blog post on [fun things to do at home](#) may provide some ideas.
7. **Make sure they get enough sleep.** At the very least, get them to go to bed with lights out at an appropriate time so, even if they are not sleeping, they are resting and maintaining healthy routines, rather than being active and staying up late into the night.

Next Monday, we’ll be providing more tips on how you can help your children study at home – with a special focus on those that should have been taking exams this summer. Meanwhile, if you would like some tips on how your child can make the most of their time in lockdown, check out our blog – [helping your child stand out: making the most of lockdown](#).

If you were forwarded this email and want to subscribe to keep up to date on what’s new, [click here](#). If you haven’t downloaded our free resource: *The Parents’ Guide to School Closures*, it’s [available here](#) – we’ve updated it since March to make sure it has all the latest information.