

# Companion Booklet:

## How to Help Your Child at Home

### Welcome to Your FLIS Home Guide!

**A Quick Reminder:** You do not need to be an expert in maths, science, or history to help your child succeed. Your most powerful tools are consistency, encouragement, and a listening ear.

### Part 1: The School-Ready Checklist

A smooth morning starts the night before. Help your child build independence by encouraging them to use this checklist before they go to sleep.

- **The Launchpad:** Pick a spot near the front door where the school bag *always* lives.
- **The Night-Before Pack:** Pack the bag before bed. Check for the essentials: planner, pens (black/blue), pencil, ruler, calculator, and reading book.
- **Uniform Check:** Lay out the uniform the night before. This eliminates the "I can't find my tie!" panic at 7:45 AM.
- **The check list:** Create a list of things that your child needs each day and stick it beside the front door. Every morning when they leave, they can check it to ensure they have all their equipment and materials.
- **Punctuality:** Aiming to arrive 10 minutes before the first bell builds a buffer for delayed buses or bad weather, allowing your child to start the day calm.

## Part 2: Homework Without the Drama

- **Be the Consultant, Not the Worker:** You don't need to do the work for them. Ask guiding questions like, "*What do your notes say about this?*" or "*Where can you find the answer to that?*"
- **Establish a "No Screen" Zone:** Homework happens away from mobile phones. Put phones on charge in the kitchen until homework time is over.
- **The Power of Routine:** Try to have a set time for homework each day (e.g., 30 minutes after getting home, or right after dinner). Consistency builds a habit.
- **Check [Satchel](#):** All of your child's homework will be issued via Satchel One, even if it is to be completed on paper or on computer. Regularly checking this can ensure your child does not miss any homework. They can even tick it off to show when it is done. Scan the QR code for the parent page.



- Other websites can also help. This QR code brings you to [Parentkind.org.uk](https://www.parentkind.org.uk)



## Part 3: Spotting Stress & Sparking Motivation

At this time of year, many students will be revising for end of year tests and mocks. Keeping them motivated and working hard can be difficult. Try these tips to keep your child working:

### Boosting Motivation

- **The "When / Then" Rule:** Use this to handle procrastination. *"When you finish your science revision, then you can go on the Xbox for an hour."*
- **Celebrate the Process:** Notice the small wins. Did they stay focused for 20 minutes? Praise it! Did they get a better mark than last time? Celebrate it!

### Boost Their Memory

- **Active Recall:** Instead of just highlighting, have them use flashcards, take practice quizzes, or explain concepts back to you.
- **Past Papers:** Encourage them to do timed practice papers. You can find past exams and mark schemes on the AQA or [BBC Bitesize](#) websites.
- **The Pomodoro Technique:** Have them study in short, sharp bursts (e.g., 25–45 minutes) followed by a 5–10 minute break to prevent burnout.

### Structure & Environment

- **Study Timetable:** Co-create a realistic weekly schedule. Alternate between subjects they enjoy and ones they find challenging, ensuring they make time for rest and social activities.
- **Distraction-Free Zone:** Set up a dedicated study area with natural light. Keep phones in another room or out of arm's reach during focused sessions.

## Wellbeing & Support

- **Check the Basics:** Ensure they are getting at least 8 to 10 hours of sleep and eating brain-boosting foods like fruits, vegetables, and oily fish.
- **Be an Audience:** You don't need to be an expert in the subject. Let them "teach" you a topic or test them using their flashcards.
- **Monitor Stress:** Be alert to frustration. If they are overwhelmed, suggest taking a break, and remind them that their self-worth is not defined by grades.
- **Listen without fixing:** Sometimes they just want to vent. Let them speak without immediately trying to solve the problem.
- **De-escalate the pressure:** Remind them that exams and tests are just checkpoints, not definitions of who they are.

## Part 4: Practical Activities to Try at Home

### Activity 1: The 5-Minute Decompression

- **Goal:** To ease the transition from school-mind to home-mind.
- **Action:** When your child walks through the door, give them 5 minutes of "zero school talk." Don't ask how their day was immediately. Let them change out of their uniform, have a snack, and unwind first. You'll find they are much more talkative later!

### Activity 2: The "Pomodoro" Sprint

- **Goal:** To overcome homework procrastination.
- **Action:** If your child is resisting a task, set a kitchen timer for **25 minutes**. Tell them they only have to work hard until the timer goes off. After 25 minutes, they get a **5-minute break** to stretch or grab a drink. Breaking big tasks into small chunks makes them feel achievable.

### Activity 3: The Weekly Family Calendar

- **Goal:** Visual organisation to reduce anxiety.
- **Action:** Hang a whiteboard or paper calendar in a communal area (like the kitchen). Map out the week ahead together: write down exam dates, PE days, after-school clubs, and family events. When children can see what's coming, their baseline anxiety drops.

## Part 5: Where to Go for Support

If you or your child need extra help, you are never alone. Reach out to the school directly, or contact these trusted organisations:

### School Support

- **First Point of Contact:** Your child's Form Tutor or Head of Year.
- **School Website:** Check the parent portal for key dates, uniform policies, and curriculum guides.

### External Support Organisations

Organisation	What they help with	Contact Details
<b>Family Lives</b>	Free, professional advice on all aspects of parenting and family life.	<b>Helpline:</b> 0808 800 2222 <b>Website:</b> <a href="http://familylives.org.uk">familylives.org.uk</a>
<b>YoungMinds</b>	Incredible resources for parents worried about their child's mental health and anxiety.	<b>Parents Helpline:</b> 0808 802 5544 <b>Website:</b> <a href="http://youngminds.org.uk">youngminds.org.uk</a>
<b>Action for Children</b>	Practical parenting advice, online chat with parenting coaches, and behavioural support.	<b>Website:</b> <a href="http://parents.actionforchildren.org.uk">parents.actionforchildren.org.uk</a>
<b>The Mix</b>	Support specifically for young people under 25 (great for your children to look at themselves).	<b>Freephone:</b> 0808 808 4994 <b>Website:</b> <a href="http://themix.org.uk">themix.org.uk</a>

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