



SUPPORTING YOUR CHILD AT HOME

A PACK FOR PARENTS: ROUTINES AND TIMETABLES

This document has been created by the East Sussex Educational Psychology Service to provide ideas and printable resources for parents at home.

The package includes ideas and resources on using [routines and timetables](#)

TOP TIP is HAVE FUN

Don't feel you need to recreate the classroom at home. Take this time to have fun and play with your child – make a den together, get messy with sensory play, make a rocket out of old cereal packets and enjoy!

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Routines and timetables

Having structures and routines in our day is a really good way of supporting our well-being. They can help us have a sense of control in times of change. Routines become easier when we regularly engage in them. It can be helpful to create boundaries around work and play time, this may include having a workstation, packing away work items so they are out of sight, changing your clothes or doing some exercise. Some children may need more flexible or broken-down days, whereas others may engage positively with a broader structure. It can also be helpful to add times or timers to visually represent how much time children have for each task.

It's important that when creating timetables there are rest breaks and times for emotional wellbeing. It may take a while for some children to engage with a timetable. Try to persist where you can and if children aren't ready, it may be that you can model/demonstrate using this yourself with them. Seeing you use it, may help them to use it.

- Some children may benefit from setting **one target for the day**. A goal focused on a daily value e.g. feeling calm, being kind, being creative. This could be discussed in the morning or the evening before, to structure a day around the chosen value.
- Another technique is called the **pomodoro technique**. This is a structure that manages time to support focus. The approach suggests that large tasks or series of tasks are broken down into time intervals that are followed by a short break e.g. 25 minutes work followed by a 5-minute break. Each interval is called a pomodoro (Italian for tomato). After 4 pomodoros, a longer break of 15 minutes is taken. These regular breaks can help to sustain motivation and focus. There is also an app called Pomodoro that can help you with timers.
- Page 3 is an example of a **broad timetabling structure**, giving each day some structure and targets as well as highlighting the importance of self-care and gratitude.
- Page 4 is an example of a more **planned school day** that will allow children to see the structure of their day with the support of visuals. You could use this to build the structure of the day with your child. Some of the symbols provided are targeted towards school, however you can make your own adaptations (an additional blank sheet has been added so you can create your own).
- Page 5 is an example of a **weekly timetable**. This may be useful for children to see the plan for the week. Other examples can also be found on the Local Offer website such as <https://disability-challengers.org/wp-content/uploads/2020/03/Visual-weekly-timetable-and-symbols.pdf>.
- Page 8 is an example of a **now and next board**. This can be used to break down tasks and take things step by step for children.

Broad timetabling structure

What's your plan today?

Routine 

- Breakfast
- Lunch
- Dinner

To do list 

-
-
-
-
-

Self Care 

- Movement/exercise:
- Connecting with others:
- Restorative:
- Housework:

Gratitude 

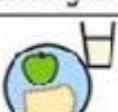
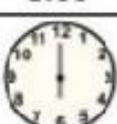
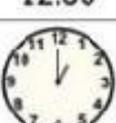
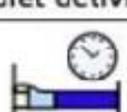
Things you are thankful for

- 1.
- 2.
- 3.

Notes

Home learning schedule

Home Learning Schedule

 8:00	 breakfast	 2:00	 learning time
 9:00	 exercise	 3:00	 life skills
 10:00	 shower / hygiene	 4:00	 tech time
 11:00	 learning time	 5:00	 dinner
 12:00	 lunch	 6:00	 quiet activity
 1:00	 free time	 7:00	 bedtime

From: <https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:a0d0de56-ca2b-433f-9019-bee26c972a98>

Weekly timetable

Timetable										
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										



Assembly



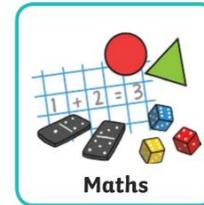
Break Time



Carpet Time



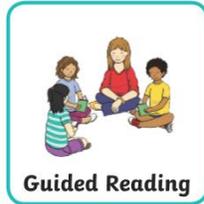
English



Maths



Golden Time



Guided Reading



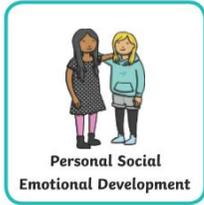
Music



Drama



PE



**Personal Social
Emotional Development**



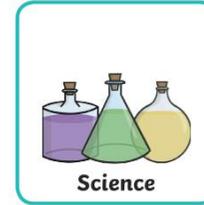
Phonics and Literacy



Reading



Register



Science



Topic



History



Home Time



Lunchtime



Swimming



visit [twinkl.com](https://www.twinkl.com)





visit [twinkl.com](https://www.twinkl.com)



Now and next board

Feedback

We hope this pack has been helpful. We would really value your feedback. Please take a minute to fill in the questions below and send us some feedback so we can continue to support you in ways you feel would be helpful.

Q1. How helpful have you found the parent pack?

Not helpful at all	Not very helpful	A bit helpful	Quite helpful	Very helpful

Q2. What did you find most helpful in the pack?

Q3. Did you feel the resources were accessible and applicable? Y/N

Q4. What do you feel could improve the pack?

Q5. What would you like more of?

Q6. Any other comments?

Q7. What ages are your children? _____

Q8. Do your children have any specific needs? If so, what are they?

Please return the forms via email to EPS@eastsussex.gov.uk or post them to ESCC Educational Psychology Service, Floor 3 St Mark's House, 14 Upperton Road, Eastbourne, East Sussex, BN21 1EP

Thank you and please remember to be kind to yourself

Keep in touch

It's important to keep in touch with friends and family during these challenging times. Many video call platforms have risen to the surface to provide ways in which we can connect with each other.

It's important to **keep in touch with your child's school** to access resources or raise any concerns. Whilst the current circumstances are difficult for schools and parents alike so responses may not be instant, keeping the connection and communication between home and school is pivotal in developing the best support for you and your child.

Here are some helpful organisations:

- **Shout (in partnership with Place2Be)** is free and available 24/7. It is a text crisis service that supports people when they feel they need immediate support. Text CONNECT to 85258, a crisis volunteer will then listen and help you move from crisis to calm. Once you feel calm and safe, and ideally with a plan moving forward, the conversation will end. More information can be found at <https://www.giveusashout.org/about-shout/>
- **The Young Minds Parents Helpline**, which you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK). More information can be found at <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- **Childline** for children and young people in the UK. This can be accessed by calling 0800 1111, online chat or an email (account set up needed). This service is free and available 24/7. More information can be found at <https://www.childline.org.uk/>.

Please also see the local offer for support and resources available.

<https://www.eastsussex.gov.uk/childrenandfamilies/specialneeds/staying-at-home-tips-and-activities/>

For extra ideas and resources, you may also be interested in

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>.

Some things work well for one person and not so well for another, therefore it might take some trial and error to find out what works for you and your family.

Remember to be kind to yourself.