

# How retain your sanity whilst homeschooling

## And other Parenting tips for survival in Lockdown 3.0



### Lockdown 3.0

Third times the charm, or is it?

Well, here we go again folks! Lockdown 3.0 has come as no surprise, but it is still going to be a juggle for us parents across the UK, and this time there seems to be more pressure than ever with a

minimum of 3hrs work *daily*, a lot of which comes with the need for you as parents to a.) be able to access some form of device and b.) have a degree in ICT to understand the different access keys, codes, platforms and more. It's not easy, but we can do it!

#### COMMUNICATION IS KEY

Especially with your child's teacher. Something not working? Tell them. If your child is really struggling with all of the work, I find breaking it into chunks wonders!

#### LET IT GO

You can only do so much. Education is vital, but so is mental health. If mental health comes from an hour on fortnite with their friends instead of work, I'm ok with that.

#### SET A ROUTINE

Routine soothes uncertainty. Loose timetables, planned ahead can help. If your school doesn't have set timetables, set your own (see my guide below)

**"It's Ok if your house looks like you're losing a game of jumanji, something has to give somewhere."**

#### 4 of the best online resources:

- **Twinkl** - it's filled to the brim with online resources, created by teachers for the curriculum at every stage.
- **BBC Bitesize** - the BBC have launched their biggest ever push for educational resources and it's a godsend for working parents.
- **The School Run** - one of the best websites for explaining, step by step maths and more. I will forever raise a gin to them for reminding me how to do long multiplication whilst my son asked me why we couldn't just use the calculator like daddy suggested.
- **Youtube** - not just gamers & unboxing videos you love to hate, you can find an explanation/tutorial for everything on youtube. If your child is struggling to understand work they have been set, get them to search YouTube for an explanation.

Looking for more? I have [57 resources for homeschooling & ideas for entertaining your kids right here.](#)



#### Lunchtime

It's not enough that we cook dinner every day, now we're cooking dinner AND lunch. Sick of ham sandwiches? Why not try a pocket tortilla! It's the lockdown 3.0 version of Dalgona coffee (remember that craze?) but it's actually really easy and my kids love it.

For more lunch inspo, [check out this blog post here.](#)



#### Life skills matter

Cooking, laundry, invoices etc are all valuable & ideal for when schoolwork isn't working out.



#### Get Active

Physical activity is important. Just a 10min walk when things are going to plan can help.



#### Don't forget creative fun

Art is stimulating. Whether it's painting, drawing or graphic designing a Minecraft world.



#### Get outside the box

What do your kid's love? Anything is better than nothing right now - try hitting up resources like pinterest for different ideas like Harry Potter worksheets

## REFRAMING LOCKDOWN : OPPORTUNITY NOT CATASTROPHE

I think we could all agree that we'd prefer not to be living the lockdown life, however maybe the third time around is the time to reframe the way we think about it. Is this 2021 lockdown, right at the start of the year when we have all made resolutions/goals actually a catastrophe for us, or can we flip it into an opportunity to really fall in love with something?

We have agreed that, alongside school work, our middle child can take the opportunity to develop his football skills because that is what he loves. Youtube tutorials are great for ball skills and free up adult time to work. My eldest will be developing his drawing with similar tutorials because that brings him joy. Get outside the box!



The best Phonics apps/websites for us:

- **Teach Monster** - my daughter loves this because it's like a game. Simple and easy to use, it teaches her phonics and helps her reading.
- **Phonics Play** - currently reduced in price, this is one of those websites where some things are free and others behind a pay wall. I highly recommend it for fuss free fun!
- **Phonics Bloom** - similar to phonics play, this website also has a host of games to enjoy!
- **Phonics with Mr C** - A plethora of YouTube lessons that allow you to get on whilst the phonics are explained to your child in a simple, fun and easy to understand way.
- **Epic Phonics** - written by teachers, a selection of videos that make phonics fun for your kids so you can sneak a biscuit or two without needing to share.

### 4 ways to take care of your mental health (and your kid's too!)

- 1.) **Stop Doomscrolling!** Doomscrolling is when we constantly trawl through bad news online, especially social media, and you know what? It does nothing to help us. Don't do it!
- 2.) **Arrange digital playdates (and wine dates!)** Whether it's online gaming with friends on something like Fortnite or FIFA, or it's on zoom, arrange a time for your kids to play with their friends as best they can. Do the same for yourself. FaceTime friends, speak to other adults daily. Top tip: If it's Zoom, arrange something to DO. It could be colouring, painting pottery, baking - whatever, but having something to do helps kids focus and enjoy more or they will just sit making farting noises.
- 3.) **Admit defeat.** Admit it! There is absolutely no shame in saying "yep, I'm losing my marbles and I can't do this right now." Whether it is asking for flexibility from work or telling your child's teacher they simply will not be getting all the work done, something has to give sometimes. Communication is key in this instance (and knowing your rights). If things are really bad? Contact a healthcare professional.
- 4.) **Drink water.** Sorry, I know it might sound patronising and you'd probably rather be hooked up to an IV of wine or coffee but neither will really help. Coffee and alcohol can contribute to anxiety, which you're probably already feeling - water keeps you hydrated and that will help you more in the long run.



I won't tell you "you've got this!" or "a positive mindset brings positive outcomes" because honestly? It's not always true and there is so much damage done by toxic positivity which makes you feel like it's totally your fault you're struggling and you should just be able to... be a bit happier.

What I will tell you is that, if you're struggling, you're not alone. You're not doing it wrong or being a bad parent because this is an impossible task. It will come to an end. For more support & ideas, or just to say hi, you can find me @tobyandreo on instagram.

Example of a homeschooling schedule we use.

<b>HOMESCHOOLING PLAN</b>		
<b>9:00 - 10:00</b>	GET ACTIVE	Cosmic yoga, YouTube ballet class, Joe Wicks, this or that fitness on YouTube, football in the garden, YouTube dance class, YouTube kids fitness videos
<b>10:00 - 11:00</b>	ACADEMIC TIME	What work did school set? Is this a time when you can help out or need to work yourself? For us, I can help out here so this is ideal for Worksheets, spellings, journalling, maths sheets etc.
<b>11:00 - 12:00</b>	CREATIVE TIME	Anything that has been set that is creative or if not, we take a break and do something creative - make a poster for geography, paint a picture, lego challenges, baking, play dough, messy mats, science experiments, role playing etc
<b>12:00 - 13:00</b>	LUNCH & FREE TIME	Paint your face like William Wallace and bellow FREEDDDOMMMM. Or desperately try to catch up on the work you didn't get done whilst you relearnt long division so you could help your kid. The goal? Eat something, don't cry and take 5 mins to breathe.
<b>13:00 - 14:00</b>	QUIET TIME	This is when we do app work (like spelling shed) or online videos. Most schools seem to be setting this and it means I get pretty much a solid hour of work. Alternatives: reading, puzzles, educational printable board games, online quiz etc
<b>14:00 - 15:00</b>	ACADEMIC TIME	You've pretty much lost them at this point. This is our educational programming time or a lighter topic time. Powerpoints, BBC bitesize, documentaries, project sheets from twinkl or school etc.
<b>15:00 - 15:30</b>	GET ACTIVE	Get out of the house. Even if it's raining. Walk, run, jump, frolic. If you walked in the morning, then now could just be a good time to have a cuppa and say that you're finished early because lord knows EVERY child loves that.