Parents’ Role during Home Based Learning (HBL)

What role can parents play during HBL?

During HBL, parents can support their younger children through the following ways:

1. Guide the child to get ready: Set up an area conducive for learning, such as at the dining table or study desk. Make sure the child is familiar with the following:
   
   a. Passwords and Login IDs to gain access to the online portals that the school will be using.
   b. The HBL timetable and relevant materials needed for the child to complete his/her work.
   c. Point of contact for HBL queries. Teachers will inform the child about their preferred mode of communication – teachers are not required to share their mobile numbers.

2. Agree on a structure: Unlike in school, an adult may not always be present to supervise the child. It is important to establish a routine with him/her on:
   
   a. Study, meal, rest timings
   b. “School” time (e.g. change out of pyjamas before starting HBL)
   c. “Recess” time (e.g. healthy, balanced diets)
   d. Recreation time (e.g. 15 minutes after completing each subject)
   e. Recreational activities at home (e.g. reading story books, craft work, exercise)
   f. Recreational activities online (e.g. decide how much time he/she should spend online, behave responsibly online)

3. Have regular check-ins: At the end of the day, have a conversation with the child about his/her experience in the day.

4. Remind the child to stay at home: Parents should remind the child to stay at home as much as possible, so that the child can remain safe, minimise any exposure to the coronavirus and practise social responsibility.