



## Recommended Daily morning schedule

- Wake up approximately 1 hour before the children
- Alone time to reflect, think, read, spiritual connection or sit outside
- Spend part of this time to read lesson plans for the day and place sticky notes for child
- Be consistent and wake up at the same time everyday
- Be an early riser, there will be more blessing in your time
- Waking up your children at the same time every day will teach them order and discipline
- Prioritise and be consistent, children should have the same morning routine and know what is expected of them
- E.g. Wake up, say the du'a, make the bed, brush their teeth, breakfast, clean up, star jumps, jump rope outside and ready for learning by 8:15am
- Start with the same lesson everyday e.g. du'a memorisation, reading quietly for 15mins, Spelling
- Allocate a time for the most important activities in your daily schedule and stick to it. Do a few things great than a lot of things with sub-par results.
- Gift your child a watch so they learn to take time seriously!





## Manage Home Education

- Establish respectful discipline methods
- Often the greatest difficulty with teaching is managing behaviour rather than teaching the material itself
- Knowing effective ways of managing your child's behavior can help simplify the teaching process significantly.
- Expect your child to comply with your directives
- Expect your child to give you full attention and to give their best effort
- Giving full attention and effort to an activity = personal best results in a short time and more free time for the child
- Delay a desirable activity until all work and responsibilities to running an effective household are complete by the child
- You do not want to develop a habit of laziness in the child
- This technique not only encourages appropriate conduct it also teaches your child to self-manage his own behaviour
- Self - management is a means to peace and happiness, do not be afraid to do what is best in your child's best interests
- Practice makes permanent, humans are creatures of habit and should encourage your child in practicing good habits in living and learning.





## What to do when you get stuck

- Step back and breathe, sometimes things take time
- Try and figure it out together
- Tie the topic into real-world scenarios so the child can make connections that are more meaningful
- Know when to stop a lesson and let it go, learning should never bring on tears of frustration
- Sometimes one day away from the situation is enough time for you to recharge your emotional battery and get the break you need to figure out a new approach which leads to a breakthrough
- When your child is struggling it is best to reassess the situation
- Good resources always explain what is to be taught in simple terms and simple concepts, change the resources if it is a constant problem
- Know the difference between frustration and attitude in your child and address it accordingly
- If the level of instruction is too over whelming for the child try a grade or two lower and work at their pace
- Don't worry too much about how long something takes your child to learn. The important part is that they are learning.
- Everyone learns at a different pace, do not compare your child to siblings
- Take steps to determine a new approach going forward. Also, recognise you may need to repeat the steps more than once to find what does work
- Develop a love for learning, your children will love learning as much as you do
- You might find a new love for a subject you had no interest in when you were a child or teenager. Give it a go before you make judgements on yourself
- Above all, don't be too hard on yourself or your children. We are always a work in progress

