

Frequently raised concern:

3. My child is struggling to work independently

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Top tips: 1. **Find out why** - check does the child: **Know what to do** - can you help to explain, reread instructions or do a short example of the task?

Lack confidence about this topic/task - can you sit with and help them complete some of the task then explain you'd like them to do 1 or 2 examples on their own? If your child is anxious about the task - let them know where in the house you will be and that they can come to find you for more help if they are still 'stuck'.



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Top tips: 2. Refer to 'my child loses focus' slides about how to - **Chunk it down,** ensure **brain breaks, minimise distractions**

