

The ABCs of Home-Based Learning

Ep 1: Getting you and your child ready

Top tips from Michelle Choy

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1

Set up a conducive learning environment for HBL



A designated study area signals that it's time for school work.



Keep the area free from distractions! No toys or TV here!



Try your best to create a timetable and work around the schedule teachers give students for online work.



2

Juggling work with HBL

- Set aside a few hours in the morning for your kids to focus on HBL, while you focus on work.
- Give your kids free time in the afternoon to find their own activities without gadgets.



3

Have a “We are learning together” mindset

- Recognize and acknowledge that your child may be struggling to adjust.
- Encourage everyone to be more understanding and patient with each other.
- Give everyone the space for alone time.



4

Create opportunities to build 21st century skillsets

- This is an opportunity to boost your child's adaptability and resilience.
- Integrate school concepts into everyday life activities (e.g cooking, baking).



5

Start a new routine



Involve your child in household chores to help give them a sense of stability.



Give them more responsibility if they're ready. You occupy their time, while freeing some of yours!



6

Our role is not to replace the teachers

- Breathe! You're not expected to be a teacher!
- Your role is to make sure your child completes their day's work.
- Prepare for the coming week's timetable. Need worksheets for next week's lesson? You can print that now.
- Don't hesitate to reach out to teachers if you need help with your child's lessons.



7

Set realistic goals



Remember, it's a marathon not a sprint. We need to stay sane for the rest of the family.



Set key priorities to be accomplished every day.



Be flexible and adjust along the way.



Do something happy at the end of the day!
E.g. Movie night with the family.



8

Create a positive experience for your child

- Think of how you want your child to remember the HBL period.
- Let them feel supported by the comfort and security of family as they navigate this challenge.



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We hope that the tips would come in useful in supporting you to guide your child!

