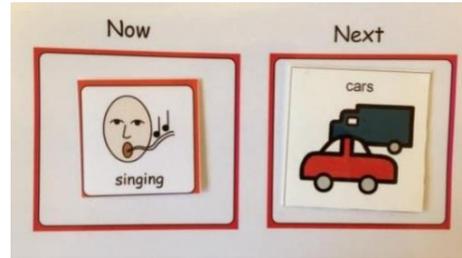




- **Now and Next Cards:** Some children who struggle to concentrate or remaining motivated may benefit from 'Now and Next' Cards. Tip: make the 'target task' very short, followed swiftly by the reward activity. Gradually, the child will trust the reward process and you can extend the target task. The reward activity might be a 'special interest' such as playing with Lego.



Resource: <https://www.twinkl.co.uk/search?term=now+and+next+cards>

- **When-Then:** Similar to the Now and Next Cards, When-Then statements can be used to help a child finish a less desirable task before getting something motivating or rewarding. "**When** you finish your maths lesson, **then** you can play a game on the iPad for 30 minutes."
- **Plan B:** If your child is not engaged in an activity try an alternative lesson/activity. For example if the English lesson isn't going well, try using Oak National Academy online classroom, or get them to write a note to a family member so they are still doing English.
- **Time out:** If it's all going wrong, sometimes taking a break and coming back to it when everyone is calm might be the best solution.
- **Enlist Help from Extended Family:** Email the English lesson and have a grandparent teach via Facetime or Skype, or ask relatives to listen to your child read via Facetime.



[Links to support mental wellbeing, parenting, and working from home](#)

Every mind matters: <https://www.nhs.uk/oneyou/every-mind-matters/>

Mind: <https://www.mind.org.uk/coronavirus-we-are-here-for-you/>

Family Lives: <https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>

Starline: <https://www.starline.org.uk/>

Anna Freud National Centre for Children and Families: <https://www.annafreud.org/coronavirus-support/coronavirus/>