

# Your First Week of Home-Ed

What to do, what to let go of, and what to remember

*From someone who's been here. You're going to be fine.*

The temptation in week one is to start. To plan, to buy curriculum, to set up a timetable, to make it look like school. Try to resist that. The single most useful thing you can do this week is **slow down**.

## This week — do this

- Tell your child that this week is just for settling in — no lessons, no pressure
- Let them sleep. Don't set an alarm unless you have to.
- Do something enjoyable together that has nothing to do with learning
- Watch how they spend their free time — what do they gravitate toward? Make a note.
- Take a breath. You made a big decision. Give yourself a moment to land.

## This week — try not to do this

- Don't buy a full curriculum yet — you don't know enough about how they learn at home
- Don't try to replicate a school timetable — it won't work and it'll stress you both out
- Don't panic about what they're 'missing' — they're not missing anything
- Don't compare your week one to anyone else's — especially not the ones you see online
- Don't put pressure on yourself to have it all figured out. Nobody does at week one.

## When you're ready to start planning — remember this

- Home-ed doesn't have to look like school. Lessons can be short, informal and still count.
- You don't have to teach everything. Your job is to support learning, not deliver it.
- There's no rush. The school system's timelines are not compulsory.
- The best timetable is the one that works for your child — not the one that looks best on paper.
- It will probably take a few tries to find your rhythm. That's completely normal.

## A few things you have permission to let go of — right now

*The 9–3 school day*

*Sitting at a desk*

*Covering every subject*

*Following the National Curriculum*

*Keeping up with school-year groups*

*Having it all planned in advance*

***Your child is going to learn. They're going to be happier. Trust the process.***