

Your First Week of Home-Ed

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

From someone who's been here.

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

<i>The 9–3 school day</i>	<i>Sitting at a desk</i>
<i>Covering every subject</i>	<i>Following the National Curriculum</i>
<i>Keeping up with school-year groups</i>	<i>Having it all planned in advance</i>

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