

Nudge advice

Based on our research, we have developed ‘nudges’ – bite-sized pieces of advice that schools can share with parents to raise awareness about what they can do at home in support of their child’s learning. Below are nudges for primary and secondary schools.

Primary nudges

Your role in your child’s education:

“Parents and carers’ interest in their child’s learning has a clear and definite effect on children’s attendance, behaviour and attainment.”

Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Supporting your child with maths in the early years:

Did you know you don’t need to be an expert in maths to help with your child’s numeracy?

You can support your child’s maths skills by looking out for numbers on the way to school, such as in signs, licence plates, and on houses.

Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Supporting your child with maths in the early years:

Did you know you don’t need to be an expert in maths to help with your child’s numeracy?

You can support your child’s numeracy skills by getting them to add up the items in the trolley while you are doing the shopping.

Some ideas for questions to ask your child:

- Can you count the number of oranges in the trolley?
- Can you count the number of apples?
- How many pieces of fruit do we have?
- We have 4 apples. Should we get 2 more? How many apples do we have now?”

Supporting your child with maths in the early years:

Did you know you don’t need to be an expert in maths to help with your child’s numeracy?

An effective way to help your child with numbers is to get them to count with their fingers.

One way to do this is:

If you see the number 5, say the number aloud and then using your fingers count out loud 1, 2, 3, 4, and 5.

You can look out for numbers with your child on houses or signs or when counting things in the supermarket trolley.

Supporting your child with maths in Key Stage 1:

Did you know you don’t need to be an expert in maths to help with your child’s numeracy?

An effective way to help your child with numbers is to get them to count with their fingers.

One way to do this is:

If you see a number over 10 use your fingers to count out the numbers aloud. You may need your fingers and your child’s. You could count up to 10 and your child can carry on from there.

You can look out for numbers over 10 with your child on houses or signs or when counting things in the supermarket trolley.

Supporting your child with maths in Key Stage 1:

Did you know you don’t need to be an expert in maths to help with your child’s numeracy?

You can support your child’s maths skills by doubling the amounts of things when shopping or when getting ready for dinner.

Examples include:

- “I’ve got 5 apples in our trolley. I think we need double these. How many do I need in total?”
- “We need to share this pizza between 2 of us. What do I have to do? Do I need to cut it into 2 equal pieces?”

Supporting your child with maths in Key Stage 2:

Did you know you don't need to be an expert in maths to help with your child's numeracy?

You can support your child's maths skills by getting them to add up the price of items in the trolley while you are doing the shopping.

Some ideas are asking your child:

- To add up the price of a group of items.
- To estimate the price of a group of items. To do this you can get them to round the prices to the £1 or 10p,
 - e.g. £3.90 + £2.25 + £1.85 becomes £4 + £2 + £2 = £8 as an estimate.
 - e.g. 38p + 17p + 52p becomes 40p + 20p + 50p

Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Supporting your child with maths in Key Stage 2:

Did you know you don't need to be an expert in maths to help with your child's numeracy?

You can support your child's maths skills by doubling the amounts of ingredients in recipes while you are cooking.

One example is:

- "The recipe makes 8 biscuits. I want to double the amount of biscuits and make 16 biscuits.
What should we do?
The recipe says 2 eggs. How many do I need if we are making 16 biscuits?
The recipe says 150 grams of flour. How much do I need now if we are making 16 biscuits?"

Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Supporting your child with maths:

Did you know you don't need to be an expert in maths to help with your child's numeracy?

You can support your child's maths skills by asking your child to explain what they are learning or by asking them to teach you something that they are learning.

Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Supporting your child with maths:

Did you know you don't need to be an expert in maths to help with your child's numeracy?

You can support your child's maths skills by asking about the different shapes around the house, in the street or when you are in the car.

Source: BBC. (2015). Support your child's education. Available at: http://www.bbc.co.uk/schools/parents/primary_support/

Supporting your child with maths:

Did you know you don't need to be an expert in maths to help with your child's numeracy?

You can support your child's maths skills by taking them shopping and getting them to talk about the quantities of what you are buying.

Source: BBC. (2015). Support your child's education. Available at: http://www.bbc.co.uk/schools/parents/primary_support/

Supporting your child with maths:

Did you know you don't need to be an expert in maths to help with your child's numeracy?

You can support your child's maths skills by letting them your child handle money and work out how much things cost.

- Get them to think about the change they are getting when they buy small items in a shop, for example:
If your child buys a small item in a shop for 35p and they pay with £1, ask your child to count the change beginning from 35p up to the £1.
How much change have you got? Is it correct?
How do you know? (35p + 65p makes £1)

Source: BBC. (2015). Support your child's education. Available at: http://www.bbc.co.uk/schools/parents/primary_support/

Supporting your child with maths:

Did you know you don't need to be an expert in maths to help with your child's numeracy?

An effective way to help your child with numbers is to get them practice counting in 2s.

You could encourage your child to:

- Count socks in their pairs
- Count when putting shoes away
- Count earrings, wheels on cars or bikes or the number of people sat on a bus
- Place their toys into pairs and count them

Supporting your child with maths:

Did you know you don't need to be an expert in maths to help with your child's numeracy?

An effective way to help your child with numbers is to get them to count in 5s and 10s.

- You can use fingers on each hand to count 5s
- You can use both hands to count up in 10s

Supporting your child with maths:

Encouraging your child to count as much as possible is an effective way to help with their numeracy skills. Some ways to do this are:

- When cooking dinner ask your child to count the number of potatoes on each plate. How many are there in total?
- When cooking dinner involve your child in putting food on the plates, "We need 3 carrots on each plate. Have I got 3 carrots on each plate? What is the total number of carrots on all of the plates?"
How many eggs are there in the egg box?
How many flowers are in the vase?

Supporting your child with their reading:

Asking questions about what your child is reading is a really helpful way to develop their understanding of the ideas in the book and to support their comprehension skills.

You could ask your child to explain the five 'Ws' in the book – what, why, where, when, and who.

Source: Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. EEF, London.

Supporting your child with their reading:

Asking questions about what your child is reading is a really helpful way to develop their understanding of the ideas in the book and to support their comprehension skills.

You could ask your child to summarise what has happened in the book so far and to predict what might happen next.

Source: Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. EEF, London.

Supporting your child with their reading:

Asking questions about what your child is reading is a really helpful way to develop their understanding of the ideas in the book and to support their comprehension skills.

You could talk to your child about the links between the book and real life, for example, thinking about whether they have had any experiences that are similar to those of the characters in the book they are reading.

Source: Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. EEF, London.

Supporting your child with their reading:

When your child is reading to you a helpful strategy to use when they get to a tricky word is 'pause, prompt, praise':

- pause to let your child work out the word they are stuck on;
- prompt them if they need help by giving them a clue or if they are really stuck tell them the answer;
- praise them when they concentrate and get the right word.

The more you praise your child's effort when reading, the more they will enjoy it.

Source: Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. EEF, London.

Supporting your child with their reading:

Reading books to your child that they would not be able to access themselves is a really effective way to advance their reading skills and vocabulary. It also helps them aspire to read more difficult, and more interesting, texts.

Reading stretching texts to your children helps them to:

"Learn challenging vocabulary before they are able to read it on their own. And at a faster rate. When they encounter words in their independent reading, they will have the benefit of knowing more of the words they are trying to read. This will help them to succeed in decoding them. And, as they get older, knowing vocabulary that is more advanced will push the margins of what they can read on their own."

Source: Lemov, D. (2016). TES talks to education guru Doug Lemov. Available at: <http://teachlikeachampion.com/wp-content/uploads/Reading-Aloud.TES.Lemov.pdf>.

Supporting your child with their reading:

One of the best things you can do to support your child's reading is to show them how much you value reading. You can do this by:

- reading yourself and modelling your own enjoyment;
- reading with your child; and,
- showing an interest in what they are reading and asking them to tell you about it.

Source: OECD (2012). Let's Read Them a Story! The Parent Factor in Education. Paris: OECD Publishing.

Supporting your child with their reading:

Children love to hear a good story again and again. Repetition actually helps to build your child's language, so don't worry if they're hooked on one book.

National Literacy Trust (2018). Encouraging reading. Available at: <http://www.wordsforlife.org.uk/encouraging-reading>

Supporting your child with their reading:

You don't need to read with your child for a long time to have an impact. A good ten minutes is better than a difficult half hour.

National Literacy Trust (2018). Encouraging reading. Available at: <http://www.wordsforlife.org.uk/encouraging-reading>

Supporting your child's writing:

Writing neatly is dependent on manual dexterity. Baking a cake is an effective way to help with mark-making and writing because it uses large and small motor movements which help to control our hand movements.

- Stirring the batter uses large motor movements
- Sprinkling the decorations on top uses small motor movements

Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Supporting your child's writing:

Making different objects and playing with play-dough is a really effective way to develop the muscles in our hands that are needed for writing.

Play-dough is easy to make at home: <https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

Supporting your child's learning:

Asking your child specific rather than general questions about their day is a really easy way to help with their learning and communication skills.

This encourages children to reflect on what they want to say, to put their words into a logical order, and find the vocabulary to communicate their thoughts.

Research has found that children who talk to their parents about their day and their experiences regularly from an early age learn to process and communicate information more effectively by the time they are 15.

Source: OECD (2012). Let's Read Them a Story! The Parent Factor in Education. Paris: OECD Publishing.

You don't need to know everything to support your child's learning:

If your child has a question that you don't know the answer to it's okay for you to say "I don't know – but let's find out!"

Parents and carers don't need to have all of the answers to support their learning.

Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Find out about what your child is learning at school:

Look through some of your child's school books with them and ask them to tell you about what they are learning. This is an effective way to get them to reflect on what they are learning at school and an easy way for you to show your child how much you value their education.

Supporting your child's writing:

A good way to support your child's writing is to encourage them to write every day. You can suggest that your child writes:

- a shopping list before you go to the supermarket;
- a story with you – one suggestion is to write a short story together taking turns to write a sentence each;
- text messages to family and friends; and,
- a diary – you might want to encourage them your child to write in a diary a few times a week or to keep one while you are on holiday.

Supporting your child's reading:

To avoid the summer dip in reading skills your child can join in with the Summer Reading Challenge that is available free online. This provides suggestions for books to read as well as games and competitions your child they can take part in.

See the website: <https://summerreadingchallenge.org.uk/>

Supporting your child's reading and writing

Games are a great way to support your child's spelling and vocabulary.

Scrabble, word searches, and crosswords are all excellent ways to help with spelling and vocabulary. There are lots of free or low-cost games available online or through phones' app stores.

Supporting your child's reading

Did you know that nursery rhymes are an excellent way to boost your child's ability to gain reading skills? There is a range of nursery rhymes available on the BBC website that you can take from and videos that you can play to your child:

See the website: <https://www.bbc.co.uk/programmes/p06kbsbz>

Secondary nudges

You don't need to be a subject expert to support your child's learning:

Research shows that parents and carers really worry about being able to 'keep up' with what their child is learning and won't be able to support their learning at home.

But you don't need to have subject expertise to support your child with their learning!

Some of the most useful things you can do are:

- helping your child organise their time and putting a plan together for completing homework or for studying;
- supporting and encouraging your child to complete their school work, homework or exam revision.

Source: Alma Harris and Janet Goodall (2007). Engaging parents in raising achievement, do parents know they matter? Department for Children, Schools, and Families; Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. Education Endowment Foundation, London.

General support and encouragement:

Research shows that children who speak to their parents about films, books, music, television shows, and current affairs develop effective skills to summarise the information they have acquired through reading, develop informed opinions, and develop critical thinking skills. Conversations that support effective learning don't have to be about learning!

Source: OECD (2012). Let's read them a story! The parent factor in education. Pisa, OECD Publishing.

General support and encouragement:

Research shows that what teenagers value the most is their parents and carers showing an interest in their education, and supporting and encouraging them to do their best.

You don't need to be a subject expert or have a PhD to be able to be able to support them in this way.

Source: Alma Harris and Janet Goodall (2007). Engaging parents in raising achievement, do parents know they matter? Department for Children, Schools, and Families.

General support and encouragement:

If your child has a question that you don't know the answer to, it's okay to say "I don't know – but let's find out!"

Parents and carers don't need to have all of the answers to support learning.

Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

General support and encouragement:

Many people think that parents can't influence a child's success at Secondary school, as their studies become more complex and specialised. This isn't true – research shows that when parents that take an active interest in the child's schooling at any age, learning outcomes are positively affected. Parents are one of the most powerful influences on academic success!

Attendance:

Research shows that ensuring that their child attends and is on time to school is one of the most important things that parents can do to support achievement in learning. This sends a consistent message to the child about how important school is to their future and how much the parent values learning.

Supporting your child to build and maintain the habit of reading:

Building and maintaining the habit of reading is as important at secondary school as it is in the primary school.

One of the most effective things you can do to support your child's reading is to show them how much you value it yourself. The best way to do this is to make sure they see you reading and by taking an interest in what they are reading by asking them specific questions about the book.

Source: OECD (2012). Let's Read Them a Story! The Parent Factor in Education. Paris: OECD Publishing.

General support and encouragement

Looking through your child's school books and asking them questions about what they are learning is an effective way to reinforce their learning in the classroom.

When looking at their work or if they are telling you about what they have learnt, you can ask questions like:

- 'Can you explain that to me?'
- 'Can you give me some evidence to support that?'
- 'Can you make that clearer for me?'
- 'What do you mean when you say...?'

Nudge advice postcards

Primary nudges

Did you know?

When your child is reading to you a helpful strategy to use when they get to a tricky word is 'pause, prompt, praise'.

You can support them by:

- Pause to let your child work out the word they are stuck on
- Prompt them if they need help by giving them a clue or if they are really stuck tell them the answer
- Praise them when they concentrate and get the right word

The more you praise your child's effort when reading, the more they will enjoy it.



United Learning
The best in everyone™

Source: Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. EEF, London.

Did you know?

Writing neatly is dependent on manual dexterity. Baking a cake is an effective way to help with mark-making and writing because it uses large and small motor movements which help to control our hand movements.

- Stirring the batter uses large motor movements
- Sprinkling the decorations on top uses small motor movements



United Learning
The best in everyone™

Source: Janet Goodall and Kathy Weston (2018), 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Did you know?

Asking your child specific rather than general questions about their day is a really easy way to help with their learning and communication skills.

This encourages children to reflect on what they want to say, to put their words into a logical order, and find the vocabulary to communicate their thoughts.

Research has found that children who talk to their parents about their day and their experiences regularly from an early age learn to process and communicate information more effectively by the time they are 15.



United Learning
The best in everyone™

Source: OECD (2012), Let's Read Them a Story! The Parent Factor in Education, Paris: OECD Publishing.

Did you know?

You don't need to be an expert in maths to help with your child's numeracy.

You can support your child's maths skills by doubling the amounts of ingredients in recipes while you are cooking.

One example is:

- "The recipe makes 8 biscuits. I want to double the amount of biscuits and make 16 biscuits. What should we do?"

The recipe says 2 eggs. How many do I need if we are making 16 biscuits?

The recipe says 150 grams of flour. How much do I need now if we are making 16 biscuits?"



United Learning
The best in everyone™

Source: Janet Goodall and Kathy Weston (2018), 100 Ideas for Primary Teachers, Bloomsbury Education, London.

Did you know?

You don't need to be a subject expert to support your child's learning.

Research shows that parents and carers really worry about being able to 'keep up' with what their child is learning and won't be able to support their learning at home.

But you don't need to have subject expertise to support your child with their learning!

Some of the most useful things you can do are:

- helping your child organise their time and putting a plan together for completing homework or for studying
- supporting and encouraging your child to complete their school work, homework or exam revision



United Learning
The best in everyone™

Source: Alma Harris and Janet Goodall (2007). Engaging parents in raising achievement, do parents know they matter? Department for Children, Schools, and Families; Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. Education Endowment Foundation, London.

Did you know?

Research shows that children who speak to their parents about films, books, music, television shows, and current affairs develop effective skills to summarise the information they have acquired through reading, develop informed opinions, and develop critical thinking skills. Conversations that support effective learning don't have to be about learning!



United Learning
The best in everyone™

Source: OECD (2012). Let's read them a story! The parent factor in education. Pisa, OECD Publishing.

Did you know?

Research shows that what teenagers value the most is their parents and carers showing an interest in their education, and supporting and encouraging them to do their best.

You don't need to be a subject expert or have a PhD to be able to support them in this way.



Source: Alma Harris and Janet Goodall (2007). Engaging parents in raising achievement, do parents know they matter? Department for Children, Schools, and Families.

Did you know?

If your child has a question that you don't know the answer to, it's okay to say "I don't know – but let's find out!"

Parents and carers don't need to have all of the answers to support learning.



Source: Janet Goodall and Kathy Weston (2018). 100 Ideas for Primary Teachers. Bloomsbury Education, London.

Nudge advice PowerPoint slides

Primary nudges

Did you know?

You don't need to be an expert in maths to help with your child's numeracy.

You can support your child's maths skills by doubling the amounts of ingredients in recipes while you are cooking. One example is:



“The recipe makes 8 biscuits. I want to double the amount of biscuits and make 16 biscuits. What should we do?”

- The recipe says 2 eggs. How many do I need if we are making 16 biscuits?
- The recipe says 150 grams of flour. How much do I need now if we are making 16 biscuits?”

Source: Janet Goodall and Kathy Weston (2018). 100 ideas for primary teachers. Bloomsbury Education, London.

Did you know?

When your child is reading to you a helpful strategy to use when they get to a tricky word is 'pause, prompt, praise'.



Pause to let your child work out the word they are stuck on



Prompt them if they need help by giving them a clue or if they are really stuck tell them the answer



Praise them when they concentrate and get the right word

The more you praise your child's effort when reading, the more they will enjoy it.

Source: Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. Education Endowment Foundation, London.

Did you know?

Writing neatly is dependent on manual dexterity. Baking a cake is an effective way to help with mark-making and writing because it uses large and small motor movements which help to control our hand movements.



Stirring the batter uses large motor movements



Sprinkling the decorations on top uses small motor movements

Source: Janet Goodall and Kathy Weston (2018). *100 Ideas for Primary Teachers*. Bloomsbury Education, London.

Did you know?

Asking your child specific rather than general questions about their day is a really easy way to help with their learning and communication skills.

This encourages children to reflect on what they want to say, to put their words into a logical order, and find the vocabulary to communicate their thoughts.

Research has found that children who talk to their parents about their day and their experiences regularly from an early age learn to process and communicate information more effectively by the time they are 15.



Source: OECD (2012). *Let's read them a story!* The parent factor in education. Pisa, OECD Publishing.

Did you know?

Research shows that parents and carers really worry about being able to 'keep up' with what their child is learning and won't be able to support their learning at home.

But you don't need to have subject expertise to support your child with their learning! Some of the most useful things you can do are:



Helping your child organise their time and putting a plan together for completing homework or for studying



Supporting and encouraging your child to complete their school work, homework or exam revision

Source: Alma Harris and Janet Goodall (2007). Engaging parents in raising achievement, do parents know they matter? Department for Children, Schools, and Families; Education Endowment Foundation (2018). Working with parents to support children's learning: guidance report. Education Endowment Foundation, London.

Did you know?



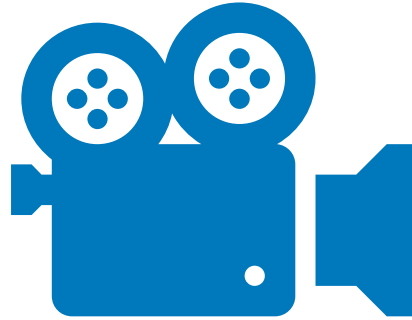
Research shows that what teenagers value the most is their parents and carers showing an interest in their education, and supporting and encouraging them to do their best.

You don't need to be a subject expert or have a PhD to be able to support them in this way.

Source: Alma Harris and Janet Goodall (2007). Engaging parents in raising achievement, do parents know they matter? Department for Children, Schools, and Families.

Did you know?

Research shows that children who speak to their parents about films, books, music, television shows, and current affairs develop effective skills to summarise the information they have acquired through reading, develop informed opinions, and develop critical thinking skills. Conversations that support effective learning don't have to be about learning!



Source: OECD (2012). *Let's read them a story! The parent factor in education*. Pisa, OECD Publishing.

Did you know?



If your child has a question that you don't know the answer to, it's okay to say "I don't know – but let's find out!"

Parents and carers don't need to have all of the answers to support learning.

Source: Janet Goodall and Kathy Weston (2018). *100 Ideas for Primary Teachers*. Bloomsbury Education, London.