

You Don't Have to Have It All Figured Out

- If you're thinking about home education, you may be feeling overwhelmed, unsure, or worried about getting things wrong.
- For many families, home education isn't a confident, long term decision — it's a response to a child's needs, a pause, or a way to create safety when school no longer feels right.

- There is no single "right way" to home educate.
- Many families begin home education feeling uncertain, tired, or unsure — and that is okay.
- What matters most is responding to your child's needs and taking things one step at a time.

This guide will help you understand:

What's legally required (and what isn't)

What to focus on first

What can wait

How to start gently


A GENTLE GUIDE TO HOMESCHOOLING

"Steady support for growing minds"



Steady Roots

— HOMESCHOOL SUPPORT —



"You don't have to know the whole path. You just need a steady place to begin."



A Gentle Guide for Parents

You may be:

- Not sure where to start
- Supporting a child who is anxious or out of school
- Unsure whether home education is temporary or long-term
- Worried about legal responsibilities or "doing enough"

You are not alone, and you do not need to have everything figured out.

This guide is designed to offer calm, clear information and gentle reassurance for parents in England who are:

- Thinking about home education
- Newly home educating
- Supporting a child out of school
- Exploring options without pressure

Home education does not need to look like school. It can begin slowly, flexibly, and with wellbeing at the centre.

Contact us on:

admin@steadyroots.org

Or check out our webpage

<https://steadyroots.org/>

We do the hard work of understanding home education, so you don't have to.



SEND, Anxiety, and Wellbeing

For children with SEND, anxiety, or school trauma, wellbeing often needs to come first.

Learning is much harder when a child feels unsafe or overwhelmed.

It is okay to:

- Reduce demands
- Go slowly
- Focus on regulation
- Adapt expectations

What to focus on first?

Parents are encouraged to:

- Prioritise their child's emotional wellbeing and sense of safety.
- Allow time for rest, recovery, and reduced pressure.
- Rebuild trust in learning through interests, play, and everyday life.
- Establish gentle routines that support calm and security.
- Understand the legal basics and release unnecessary worry.
- Observe their child before making plans.
- Take things one step at a time.

“Learning grows best when it's rooted in safety, trust, and understanding.”



Steady Roots Is for Parents Who:

- Are thinking about homeschooling.
- Are new to home education
- Are supporting a child out of school
- Are navigating SEND, anxiety, or school refusal
- Have already started homeschooling but would like more support with structure, routine, or curriculum choices
- Want calm guidance without pressure or overwhelm

Homeschooling: The Legal Basics (England)

In England, parents are legally responsible for ensuring their child receives a suitable education, either by attending school or through home education.

- Parents who choose to educate their child at home:
- Do not need to follow the National Curriculum
- Do not need to teach specific subjects
- Do not need to replicate school at home
- The law requires that education is suitable for the child's:
 - Age
 - Ability and aptitude
 - Any special educational needs or disabilities (SEND)

Education can be flexible, creative, and wellbeing-led, and does not have to look like classroom learning.

Finding Support

Home education does not have to be done alone.

Support can include:

- Trusted organisations and charities
- Parent communities
- Professional guidance
- Reassuring resources

Choose support that feels calm and respectful.

Our Steady Roots team provides parent-focused guidance and can signpost you to appropriate support.”



Your Next Steps

Observe Before You Plan

Spend some time simply noticing:

- What your child enjoys
- When they seem most settled
- What sparks curiosity
- What causes stress

These observations often become the foundation for future decisions — without needing formal planning yet.

Learn a Little More (Gently)

If it feels helpful, you might choose to:

- Read more about home education approaches
- Learn about suitable education in England
- Explore how other families start slowly

There is no requirement to choose a curriculum or timetable early on.

Seek Reassurance and Support

You don't have to work this out alone. Some parents find reassurance through:

- Calm, trustworthy guidance
- Parent-focused support
- Talking things through with someone who understands both education and wellbeing

Support should reduce pressure — not add to it.

Look at our additional free resources:

- ✓ What counts as learning?
- ✓ Homeschooling FAQs
- ✓ What is suitable Education
- ✓ Support Networks
- ✓ Our Packages

Taking One Step at a Time

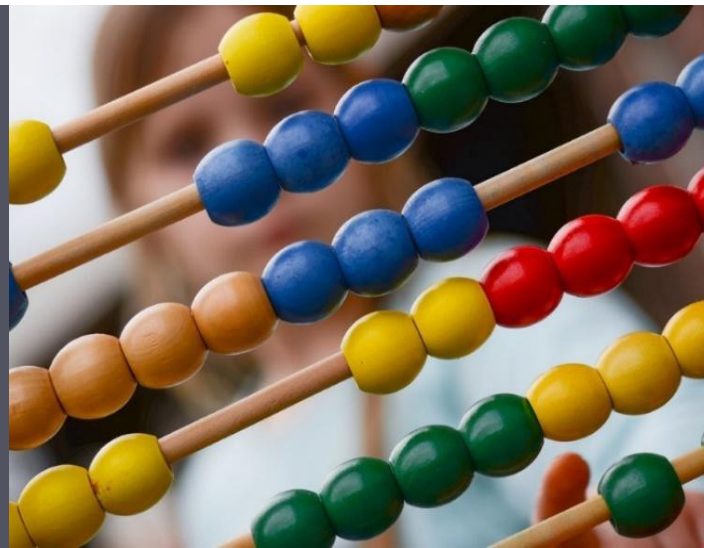
You do not need:

- A full curriculum
- A timetable
- Teaching experience
- A long-term plan

Home education can begin gently and evolve over time.

When you're ready, Steady Roots offers parent-focused support packages designed to help you develop a home education approach and a flexible plan that reflects your child's needs, strengths, and wellbeing.

Explore our packages on our website



“From gentle, wellbeing-led learning to more structured curriculum choices, Steady Roots supports parents to find an approach that suits their child.”

Focus on Your Child's Wellbeing

Before thinking about plans or learning:

- Prioritise rest and emotional safety
- Reduce pressure and expectations
- Notice what helps your child feel calmer
- Rebuild connection and trust

For many families, this is the most important early work.

You do not need:

- A finished plan
- A clear long-term decision
- Confidence from day one

You are allowed to:

- Take this slowly
- Change your mind
- Ask questions
- Focus on wellbeing first



Consider Steady Roots Support (When You're Ready)

If you would like gentle guidance as you navigate next steps, Steady Roots Homeschool Support offers parent-focused support designed to help you feel steadier and less alone.

This may include:

- Calm, one-to-one guidance
- Ongoing membership support
- Workshops and resources for parents
- Signposting to helpful organisations

There is no obligation and no rush.

Support is here when — and if — you need it.

