

## Steady Roots Homeschool Support

Steady Roots Homeschool Support is led by teachers and mums who understand, both professionally and personally, how difficult it can be when a child is no longer able to thrive in a mainstream school setting.

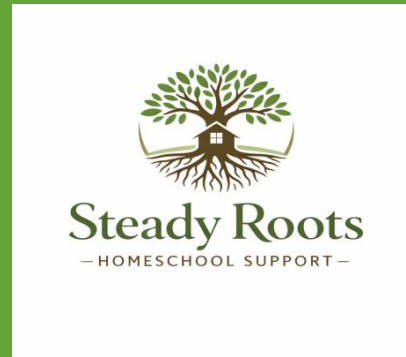
We support parents whose children are being educated at home — whether this is temporary, due to SEND, anxiety, school refusal or exclusion, or because families have made a positive choice to homeschool.

Our role is to support parents, not replace them. We work alongside families to provide calm, practical guidance at a time that can feel overwhelming or uncertain. Drawing on educational experience and lived understanding, we help parents feel more confident in navigating home education.

We offer bespoke education plans, flexible timetables, and ongoing support that reflect each child's strengths, needs, wellbeing, and pace of learning. Our approach is SEND-inclusive, trauma-informed, and rooted in the belief that learning should feel safe, manageable, and meaningful.

At Steady Roots, we believe that when children feel secure and understood, learning can begin to grow again — steadily, gently, and in its own time.

Steady Roots Homeschool Support provides SEND-inclusive guidance, education planning, and flexible timetables to support parents educating their primary-age children at home.



We work alongside families to build confident, calm, and suitable home education in line with Section 7 of the Education Act 1996. We support parents to plan and manage home education.



## Parental Wellbeing

### Supporting Parental Wellbeing

At Steady Roots, we understand that homeschooling or supporting a child outside mainstream school can be challenging — emotionally, mentally, and practically. That's why parental wellbeing is at the heart of what we do.

We help parents:

- Reduce overwhelm by providing clear, flexible timetables and step-by-step education plans.
- Gain confidence in supporting their child, celebrating small wins and progress.
- Access practical guidance for navigating SEND, school refusal, or temporary home education.
- Find emotional support through listening, reassurance, and strategies for self-care.
- Connect with other parents to reduce isolation and share tips.

### What we offer:

- Parent consultations and guidance
- Individual education plans
- Flexible, realistic timetables
- SEND-inclusive support
- Ongoing check-ins and adjustments
- 1:1 homeschool coaching (planning, schedules, curriculum help)
- Parent education & training
- Student learning plans



Steady Roots  
— HOMESCHOOL SUPPORT —



*“When parents feel calm, supported, and confident, children are able to learn and thrive — steadily, gently, and in their own time”*

### Our Experience

At Steady Roots Homeschool Support, we bring over 20 years of combined experience as qualified teachers alongside our lived experience as parents. We understand both the professional demands of teaching and the realities of supporting children at home, including those with SEND or additional needs. Our background gives us unique insight into:

- Planning engaging, suitable learning experiences
- Understanding different learning styles and abilities
- Supporting children who may struggle in mainstream settings
- Guiding parents to feel confident, calm, and capable in-home education

As both educators and parents, we know that every child is unique, and every family's journey is different. We combine practical expertise with empathy, helping parents create flexible, effective, and SEND-inclusive home education plans that work for their children — and support parental wellbeing along the way.