

# 10 EASY WAYS

## YOU CAN SUPPORT YOUR CHILD WITH HOMEWORK

*Kids are more successful in school when parents take an active interest in their homework- it shows kids that what they do is important. Helping with homework shouldn't mean spending hours hunched over a desk. Parents can be supportive by demonstrating study and organization skills, perseverance, and encourage good study habits.*

*Reviewed by Eric J. Gabor, JD*

### KNOW THE TEACHERS

Know the teachers- and what they are looking for. Attend school events, such as parent-teacher conferences, back to school night and other events hosted by the school site. **Ask** about the teacher's homework policies and how you should be involved. **Don't be afraid to email or call your child's teachers when you have questions or concerns.**

If you see your student struggling, getting support from the teacher is a great first step.

### HELP THEM MAKE A PLAN

On heavy homework nights or when there's an especially hefty assignment to tackle, encourage your child to **break up** the work into manageable chunks. Create a work schedule for the night if necessary—take time for a 15 min break every hour, if possible.

### KEEP DISTRACTIONS TO A MINIMUM

This means no *TV, loud music, or phone calls*. If there are younger school aged kids in the house, have homework time be all at the same time, if not try and arrange the younger kids nap time or quiet time around the same time as homework.



Make sure that student have a well-lit place to complete homework. If possible, keep supplies such as paper, pencils, glue and scissor within reach to **decrease distractions** and ensure students have what they need to be successful. This space should be quiet and if possible, away from the TV or other distractions.

### SET UP A HOMEWORK-FRIENDLY SPACE

Routines are especially important adolescents. **Doing homework at the same time each day** signals your child what's coming next. Some kids study best in afternoon, following a snack and play period; others may prefer to wait until after dinner. Knowing that there is a designated time for homework will set the expectation that school is important and that you place value in ensuring they are getting the work done they need to. It also eliminates the argument of doing homework or not, if a student doesn't have homework, reading for 30 min will help their cognitive development.

### SCHEDULE A REGULAR STUDY TIME

Kids won't learn if they don't think for themselves and make their own mistakes. Parents can make suggestions and help with directions, **but it is a kid's job to do the learning**. It may seem easier to just do the work for them but in the long run it will be harder for the student.

### REDUCE STRESS BEFORE BEDTIME

Ask about assignments, quizzes, and tests. Give encouragement, check completed homework, and make yourself available for questions and concerns. Even if you don't know how to do the work, having your student explain it to you.

### BE A MOTIVATOR AND MONITOR

Do your kids ever see you diligently balancing your budget or reading a book? Kids are more likely to follow their parents' **examples** than their **advice**.

### SET A GOOD EXAMPLE

Post an aced test or art project on the refrigerator. Mention academic achievements to relatives. When we see our student's grades we often focus on what they have not done (missing assignments/low test scores), however recognizing the positive achievements of a student can be more **powerful** and **encourage** a student more than only recognizing the bad.

### PRAISE THEIR WORK AND EFFORTS

**Talk about it with your child's teacher.** Some kids have trouble seeing the board and need glasses, other might need an evaluation for a learning problem or attention disorder.

**IF THERE ARE CONTINUIGN PROBLEMS, ASK FOR HELP.**