



Homework Help

- ② **Make a special spot just for homework.** To the best of your ability, make sure there is good lighting, the temperature is not too hot or cold, there are few distractions, and siblings will not interrupt them.
- ② **Have all supplies handy.** Think about going to school supplies sales after school starts to buy extras. Consider saving “cool” supplies for homework time.
- ② **Set a schedule for homework.** Figure out the best time for your child to do homework.
- ② **Plan for assignments.** Review homework for that week or that month (depending on grade level) and help your child schedule when the work should be completed. This will help to stop the last minute frenzy.
- ② **Quiet time.** Make the whole family have a homework time. Children complete school work or do educational (quiet) activities while adults read or pay bills. There should be no phone or T.V. during the quiet time.
- ② **Limit amount of time on homework.** Consider scheduling brief breaks during homework time. Talk with the teacher about how much time your child should spend on homework.
- ② **Encourage your child.** Talk about any good memories you have about being in school and anything that you are glad you learned in school. Ask your child what was learned that day. Allow your child to try to find the answer themselves 2 or 3 times before you help. If you do have to help them, ask them to explain what they know to you and you ask the questions about how to find the answers.
- ② **Rewards.** There are many reasons we go to work; a big one is that we get paid. Make sure you reward your child for doing his or her “job.” The easiest and most effective is your attention (smiles, nice words, pats on the shoulder, saying nice things to others about them...). You can use activities that are privileges (T.V., phone, video games, computer time, extra outside time, dessert, staying up late...you know what will work for your child).

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