

HOMEWORK Strategies

1. Make sure your child has the **physical space and support** he needs. Set up a corner with an appropriate-sized chair and table, ample lighting and minimal distractions. Some children do better in their own rooms and some do better in the hub of the house where others are.
2. Have plenty of supplies - paper, pencils, pens, dictionaries etc. on hand. Help them **organize their space** with folders, shelves, labels, etc. How you keep your home office is a good role modeling opportunity!
3. Create a **routine** after school. A snack, some exercise, some rest or social time is all very important for children, especially after they have been on their best behaviour all day. Kids need lots of “growing time” and downtime. Try to schedule your own work or reading at the same time, so there is an atmosphere conducive to quiet time.
4. Create some rules as to when and how much TV/ipad time there is. **Involve your child** in making the schedule. It doesn't have to be the same every night, depending on their activities. If they do have screen time before homework, get agreement as to what the time limit is.
5. Act as a helper, resource person or coach but **don't do your child's homework** for him. This leads to major problems down the road. He becomes discouraged and dependent and he doesn't learn the work. Also, the teacher gets a false impression of your child's capabilities. Mistakes are okay – even many mistakes.
6. Recognize **different learning styles**. Girls often multitask and boys often move as they learn. Bouncy balls to sit on, lying on the floor and music can all be helpful. Lots of breaks, dimmer lights and working with friends can make all the difference.
7. **Don't insist on perfection and don't make them do it over** – this is the teacher's job. **Don't even make them finish** - if they have put in a good solid effort and run out of time, maybe there is too much work or maybe your child has had a bad day.
8. Scolding and nagging don't help in the long run. **Maintaining a calm, peaceful relationship** with your child is much more productive.
9. Praise and rewards are also detrimental, creating false expectations and a sense of entitlement. **Encourage effort**, interest and the rewards of learning.
10. **Eat dinner together** whenever possible. Create morning and bedtime routines together.

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