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# Homework Tips

Children who are involved in regular routines at home tend to do better in school. Families can help children organize their daily work and manage their time. This routine can guide you in helping your children with homework.



## Change the Trigger!

### **Establish a Time to Do Homework**

Start having a regular time to do homework every night. Consistency is important.

### **Create a Place to Do Homework**

Provide a quiet, well-lit space, away from distractions and with all the right study materials. No TV in sight!

### **Offer Rewards**

Rewards work really well to reinforce positive effort. Try enticing your child with extra TV or game time if they finish their homework.

### **Be Available**

Be available to answer questions. Try doing a problem or two together, then watch as your child tries the next one.

### **Break it Up**

Don't lay out all of the work at once. Try doing one subject at a time and one section at a time, so it doesn't seem too overwhelming.

### **Take Breaks**

Watch your child for signs of frustration. Let your child take a short break if they are having a tough time, then refocus.

## Homework Helper



Homework hassles between parents and children are nonproductive. What you need to do is foster an attitude of cooperation. Your son will study more willingly if he helps make the rules. Compromise can work wonders. If he wants to study with music, you can insist on no phone calls or interruptions.

Negotiate a homework contract with your child. Many families have used these contracts to end nightly homework battles. Introduce the concept of a contract to your child as a way of putting them in charge of their homework. The contract should be quite simple...just spelling out when, where, and how long your child will study although other terms could be included. A child their age should have approximately 50 to 60 minutes of homework each evening. To ensure that the contract works, it can be quite helpful to include a clause on penalties and/or rewards based on how well your son is complying with the contract.

You need to back away from the homework issue. Don't offer to help your child, wait to be asked. Don't remind them to do his homework, expect them to take this responsibility or suffer the consequences at school. After working with your child to plan a new homework routine, you will need to be patient. It takes time for changes to take effect.



### Research on Homework

“Research shows that parents of academically successful students make sure they are informed about their youngsters’ activities in school, their school performance, and whether or not they have been assigned homework; and they make certain that a place and time are allocated for homework.”

Jeremy D. Finn, “Parental Engagement That Makes a Difference”

# Homework Contract

## STUDENT:

- \*I will write down all homework assignments in my agenda
- \*I will bring all of my homework assignments, home from school
- \*I will start my homework at this time every day: \_\_\_\_\_
- \*I will hand in my homework on time

## PARENT:

- \*I will check my child's homework planner, every day
- \*I will make sure that my child has a quiet area to do homework
- \*I will make sure that my child has a block of time available each day for doing homework
- \*I will be consistent and reward my child for completing homework

## REWARDS AND CONSEQUENCES

\*When my child completes their homework each day, they will receive:

\_\_\_\_\_

\*If my child does not complete their homework they will not be rewarded

Student's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's signature(s): \_\_\_\_\_

# WEEKLY HOMEWORK PLANNER

STUDENT: \_\_\_\_\_ WEEK OF: \_\_\_\_\_

	ASSIGNMENTS	TIME STARTED	TIME FINISHED
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
WEEKEND			

What tests or projects do you have due this week? \_\_\_\_\_

Dates of tests and projects due this week: \_\_\_\_\_