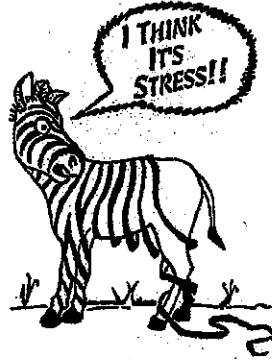


# Strategies to Get Children to do Their Homework



- 1. Decide on a consistent location with your child.**
  - a. May be at the table if monitoring is needed or desk in bedroom if it is not.
  - b. Stock the area with materials.
  - c. Keep distractions to a minimum. Child could make "Do not disturb" sign.
  - d. Some need silence, some need soft music.
  
- 2. Establish a homework time.**
  - a. Some need a break after school, others do best while still in school mode.
  - b. Stick with the schedule.
  
- 3. Help your child prioritize assignments.**
  - a. Ask, "What do you have to do tonight? What is not due until next week?"
  - b. Number the assignments in the order they will be done (in planner.)
  - c. If an assignment is not due tomorrow and isn't done, list it for tomorrow.
  
- 4. Have homework breaks.**
  - a. Discuss with your child if they prefer breaks at intervals (every 15 minutes) or after a project is complete. If intervals are used, set a timer.
  - b. Discuss the length of the break and what will be done (snack, go outside.)
  
- 5. Look at planner every day.**
  - a. Helps children learn organization and planning.
  - b. Write a note to the teacher to communicate or have questions.
  
- 6. Look at your child's completed homework.**
  - a. Your child needs to know the value of their efforts.
  - b. It has been found that the quality of work declines when parents do not review their work.
  
- 7. Prepare for tomorrow.**
  - a. Get your child in the habit of putting homework, books, planner, library books, etc. in backpack the night before school.
  - b. A bin by the door for all items needed for the next day may help relieve stress.

# What do you do when traditional methods don't work?



1. Find out from your child what the problem is.
  - a. Forgetting books at school?
  - b. Forgetting to write down assignments?
  - c. Lack of confidence?
  - d. Taking hours on what should take 20 minutes?
  - e. Remember not to yell, it is not effective...have them problem solve with you.
  
2. Set a goal with your child.
  - a. It should address the specific problem.
  - b. "I will bring home my books from school every day."
  
3. Create a rewards and penalties system.
  - a. Have a menu of rewards your child would like to work toward.
  - b. Use a point system. Points are earned for goals and traded in for rewards.
  - c. May have small rewards to be earned daily and bigger rewards weekly or monthly.
  - d. Penalties: if they last too long or are too severe, the system may backfire and your child may choose not to "play".
  - e. If the daily reward is taken away for two weeks, there is no incentive to try for two weeks.
  - f. If your child is receiving more penalties than rewards, there is a problem with the system. Ask for help from a teacher or counselor.
  - g. Avoid penalties that you cannot or will not follow through with.
  
4. Write a homework contract.
  - a. It states what the child will do.
  - b. It states what the parent's responsibilities are.
  - c. It states what the rewards and penalties are.
  - d. Parents and child sign the contract and place it in house where it can be seen.