



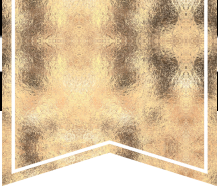
THE HOMEWORK WORKBOOK

FOR

Modern Parents





© MODERN PARENTING HUB



Contents

Page 1 Why Do Homework Problems Occur?


Page 2 Parent Traps 

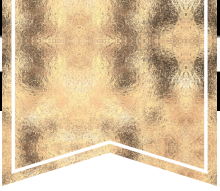
Page 3 Keeping Track 

Page 4 How to Prevent Homework Problems

Page 5 Encouraging Great Homework Skills

Page 6 Troubleshooting

Page 7 Note Page 



Why do Homework Problems Occur?

Children are usually expected to spend some time out of school hours doing homework or studying. Expectations vary between schools, teachers and that's why communication with your child's teacher is key.

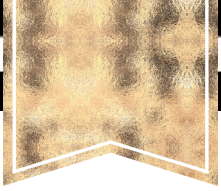
It's a good idea to know the teachers and what they're looking for. Attend school events, such as parent teacher conferences, to meet your child's teachers. Ask about their homework policies and how you can be involved. If your child is struggling to complete homework assignments, ask if the number of assignments can be lessened without compromising your child's education. If your child doesn't have to write down homework assignments in class, ask if the teacher could email you the directions or provide a list on the class website.

Children are all different in their ability to grasp new concepts or how quickly they understand new ideas. Providing children with encouragement, and support, they are more motivated to work to their full potential.

Homework problems can start for many reasons.

For example, some children make it hard on themselves by starting a project last minute. Some children have difficulties because they don't understand the work. Other reasons may be poor planning, not leaving enough time to get work done, and quickly doing homework without caring, because your child would rather be doing something else.

Sometimes children do not have a good attitude towards homework or study, and parents may find themselves viewing their child as lazy, irresponsible, and this may make the problem worse.



Parent Traps

Place a ✓ in the box next to the traps you may fall into as a parent. It is important to focus on only your parenting and what you may fall into, rather than blaming others.

• Escalation Traps

- getting angry and raising your voice
- getting annoyed and repeating instructions
- getting frustrated and blaming or lecturing

• Inconsistency

- different from day to day
- between parents (different rules, reacting differently)
- getting annoyed and repeating instructions

• Accidental Rewards

- attention (arguing, negotiating)
- getting out of doing their own homework
- getting something they want (going to bed later, bribing, treats)

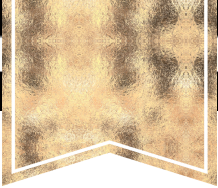
• Unrealistic Expectations

- expecting too much
- not allowing them to be tired or unwell

Focused more on criticizing rather than praising, or motivating your child

Comparing your children to others

Are you aware of any other things that may be influencing you child's behaviour?



Keeping Track

Before you jump in with solutions, or ideas to implement a better homework routine, sit back and watch to see what your child does about homework for at least a week. Track homework problems in the chart below.

Keeping track of your child’s homework challenges, or behaviour issues is useful because it gives a better understanding of why it is happening. Is it really “happening everyday?” What day or time does it usually happen? What does your child do about it? Keeping track before you implement a new routine, also will help you determine whether its getting better, or worse.

Once you have a better understanding of why your child may be having homework difficulties, you can sit down with your child and talk about what you noticed. For example, “I noticed that you didn’t start working on your homework until bedtime each night this week. I would love to help you look at your schedule and see when a better time would be? I can even sit down and work on my computer or read my book while you do your homework if you’d like some company?”

Date/ Homework Start Time	Issue or Challenge	Homework Finish Time

How to Prevent Homework Problems



Give your child time to relax after school.

Children need time to relax after a long day, just like you do. Children are often hungry. Offer or have healthy brain foods available as an after-school snack. Let your children unwind, freshen up, change into something comfortable and tell you about their day as they eat a snack.



Set up a homework-friendly area.

Make sure kids have a well lit place to complete homework. Keep supplies - paper, sharp pencils, glue, scissors, and erasers- within reach. Its okay if children want to do their homework in a living room, or their bedroom if they want to.



Keep distractions to a minimum.

This means no TV, loud music, or phone calls. Some kids work best on their own in a quiet atmosphere, while others prefer to be able to see what's going on in the household. Try a variety of settings and stick with what works best for your child.



Ask your child about their homework.

What is homework tonight?
 What needs to be completed?
 What do you need to do your homework?



Schedule a regular study time.

After school routines are vital. Fostering an organized environment and creating a schedule is essential if homework is to be completed. It's necessary to have a specific time of day when homework is done.

Homework routines may take a couple of months to establish, as a couple of factors need to be taken into account:

- Timing/ duration of extra curricular activities and sports. Homework may need to be started at a different time because your child may participate in after school sports or clubs. However, mark homework start and end times on the calendar after these extracurricular activities.
- Kids often benefit from having breaks every 10 to 20 minutes during homework periods. Give your child a snack break so that he or she doesn't become overwhelmed by long periods of work.

Encouraging Great Homework Skills



Show an interest and have a good attitude towards homework.

Sometimes kids will want you to look at their work to see if its write OR for your opinion on how good their work is! Praise them!

Don't feel that your child's work has to be perfect before they hand it in. It can be discouraging if your child worked really hard on writing an essay, only for you to point out all the spelling errors and grammar mistakes.



Rewards for Completed Homework.

Rewards don't have to be toys or special snacks, but can be incentives such as 15 minutes of outdoor play with Mom or Dad or 10 minutes of television time when specific homework assignments are accomplished.



Praise the shit out of them!

Verbal praise for homework-related tasks goes a long way in boosting self-esteem. For instance, comments such as "Well done, Grace, for bringing home the books and crayons you needed for your homework today" or "Amazing! That's 5 questions you've done already!" is great positive reinforcement.



Set a good example.

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










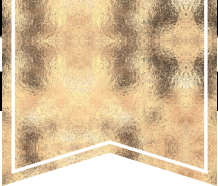
Make sure kids do their own work.

They 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's a kid's job to do the learning.

The more you make homework you job, the less they make it theirs. Kids who think homework is more important to their parents than it is to them, don't take the responsibility on themselves.

Troubleshooting

-  If the teacher sends a note, ask the child if homework is a problem, and if so, what your child intends to do about it?
-  Wait until your child asks for help, giving them a chance to do the work on their own before helping them.
-  Help your child to solve problems on their own.
“Dangle the carrot.” When your child is THIS close to the answer but it's just not clicking, say, "I know you don't have the solution yet, but what do you think it might be?" Or, "Is there a different way we can come up with it?" Ideally, you won't give him the answer, but you'll help him reach for it.
-  Avoid saying “NO! That’s wrong.”
Instead try, “Oh man, you’re SO close! That's almost right! Lets try to spell that word again..”
-  When your child waits until the last minute to start an assignment, listen empathetically, but do not rescue. Allow your child to experience the consequences of their choices... which in this case, may be to “fail.”
-  When your child complains about being late, listen empathetically.
Avoid the temptation to lecture you child, saying things like “looks like you should have started when I told you to!” Instead, do joint problem solving. Listen to understand your child’s issues and express your own.
Brainstorm together until you find a solution that works for you both.
-  It may be helpful to find realistic consequences for when your child does not do their homework. Suitable consequences involve the loss of a privilege or activity, such as playing with friends, watching T.V. or staying up late.
When they can do homework like you expect, then they can have their privilege. Praise them!



Troubleshooting



If there are continuing problems with homework, get help.

Talk about it with your child's teacher. Some kids have trouble seeing the board and may need glasses; others might need an evaluation for a learning disability or an attention disorder.



NOTES:
