



Leadership Preparatory Academy

Tips for Parents: Taking the Hassle Out of Homework

Homework should be an opportunity to practice the skills that students are learning in school, but for many families, it may be a source of conflict and frustration.

Most teachers agree that doing homework also teaches other important skills and habits, beyond the simple practice of the material. Homework helps children learn how to plan and organize tasks, manage time, make choices, and problem solve, all skills that contribute to effective functioning in the adult world of work and families.

First, set up your home as a “homework friendly” place. Try to structure your child’s home environment, and time schedule, in a way that is conducive to homework. Create a nightly homework routine.

Start homework sessions by setting a timer for a slightly longer period of time than you expect the homework to take. Try to not sit down with your student(s) to do the homework. If they ask a question, respond to specific questions. Come over and help them, but then remove yourself. Don't sit there the entire time.

Think about a homework contract; when the contract is in place, it should reduce some of the tension parents and kids often experience around homework. Develop an incentive system.

Make homework non-negotiable!!

Five Proven Ways to Take the Hassle Out Of Homework

- **Set up a homework schedule.** Set a routine at NIGHT to prevent your students from rushing through their work, or making up excuses to NOT do it.
- **Let there be light!** Studies show that test scores shoot up 25% when students sit near a window. Try to pick an area at home that’s next to one. If the sun sets before your student has a chance to work, make sure his/her room is well lit with full spectrum light bulbs. Those are proven to boost alertness and focus.
- Another homework essential: **Snacks!** Help students recharge with a plate full of turkey slices, blueberries or peanuts, if they haven’t had dinner. The turkey contains an amino acid that boosts energy, the compounds in blueberries have been shown to increase memory, and peanuts are packed with magnesium, which helps relieve stress.
- Another helpful homework aid: **Music!** You might think playing tunes will only encourage your student to tune out the assignments, but recent studies show that listening to familiar music works like “white noise” to their ears – it will actually drown out all other distractions!
- **Show some interest yourself!** How do you expect your student to think homework is important, if YOU never treat it that way? Take an interest in what topics your child is studying, but don’t do the work for them. That’s still THEIR job.

