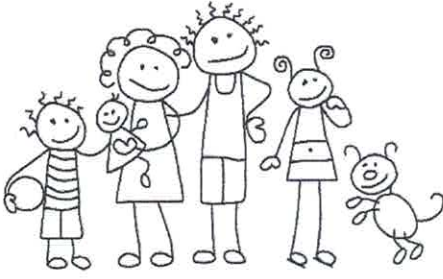


HOMEWORK TIPS

FOR PARENTS



ESTABLISH A ROUTINE AND SCHEDULE FOR HOMEWORK

A specific place and time and adhere to the schedule as closely as possible. Don't allow your child to wait until the evening to get started.

LIMIT DISTRACTIONS

During homework times, reduce unnecessary noise, activities and phone calls. **TURN OFF THE TV AND VIDEO GAMES**

ASSIST IN DIVIDING WORK INTO SMALLER SECTIONS

They will seem less overwhelming and more manageable

ASSIST YOUR CHILD IN GETTING STARTED ON ASSIGNMENTS

Read the directions together, do the first few problems together, observe as your child does the next problem and let the child complete the assignment

MONITOR AND GIVE FEEDBACK WITHOUT DOING ALL THE WORK

You want your child to attempt as much as possible independently

PRAISE AND COMPLIMENT

Give praise when your child puts forth good effort and completes the task. In a supportive, non critical way, point out errors and help to make corrections on the homework but it is NOT your responsibility to correct all of your child's errors on homework and turn in a perfect paper. Children learn from their mistakes.

REMIND YOUR CHILD TO DO THEIR HOMEWORK

Offer incentives "When you finish your homework, we can"

LET THE TEACHER KNOW WHAT THE EVENING IS LIKE

The teacher needs to be aware of the amount of time it takes your child to complete the homework. Let the teacher know your child's frustration tolerance level in the evening. Let the teacher know what efforts you are making to help at home.

HELP YOUR CHILD STUDY FOR TESTS

Study together; Quiz your child in a variety of formats.

SET TIME LIMITS WITH HOMEWORK

Don't force your child to spend an excessive and inappropriate amount of time on homework. If you feel that your child has worked long enough, write a note to the teacher and attach it to the homework..

SUPERVISE TO MAKE CERTAIN THE HOMEWORK IS IN THE BACKPACK

Children with ADHD/ADD often fail to turn in the completed homework. It is frustrating to know that your child struggled to do the work but then never gets credit for having done it. Papers seem to mysteriously vanish. You may want to arrange with the teacher a system for collecting the work immediately on arrival at school.

KEEP ON TOP OF THE LONG RANGE ASSIGNMENTS

Parents of children with ADHD/ADD need to be vigilant about keeping on top of the dreaded long range assignments like reports and projects. Ask the teacher for a copy of the project requirements or check on-line through the school's portal for details such as deadlines. Post the list at home and go over it together with your child. Write the due date on a master calendar. Then plan together about how to break the project down into manageable parts. Schedule steps along the way. Get started **AT ONCE** with gathering resources, exploring the Internet, beginning the readings, etc.

A CONTRACT FOR A LARGER INCENTIVE/REWARD MAY BE WORKED OUT

As part of a plan to motivate your child to persist and follow through with homework and projects, incentives can play a role in success. "If you have no missing assignments or late homework this week, you will earn"

CONSIDER HIRING A TUTOR

Many parents find it difficult to help their own child with schoolwork. Find someone who can. Constant nagging and arguing can poison a relationship. Many schools now offer tutoring before and after school free of charge. Find out what your child's school offers. Depending on the needs and age of your child, often a junior or senior high school student is ideal. Many schools offer "study buddies" which can also be helpful.