



HOMEWORK WITHOUT TEARS



A PARENT'S GUIDE TO
SUCCESSFULLY HELPING YOUR
CHILD
COMPLETE THEIR HOMEWORK
STRESS-FREE!

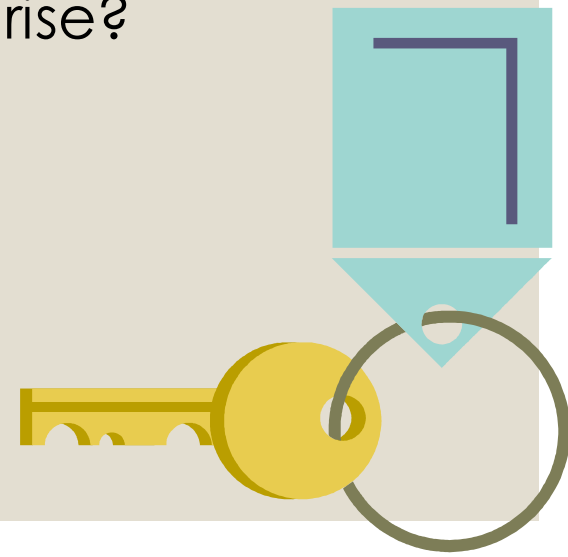
Presented by Stella Kostopoulos

Do any of these situations occur in your home?

- You and your children have nightly battles about doing homework.
- Your children rush through homework assignments, with sloppy, incomplete results.
- Your children “forget” to bring their homework assignments home.
- You do more of the homework than your children.
- Your child is exhausted from his/her day and has very little energy to focus.

What are some challenges to completing homework in your home?

- Turn to a neighbor and name one or two problems you experience.
- What do you do when these problems arise?
- What does your child do?
- Share with the group.





LEARNING STYLE FACTORS

What makes your child tick?

Common Homework Personalities

- Which is your child's personality?
 - Procrastinator
 - Perfectionist
 - Speed Demon
 - Rebel
 - Forgetter

The Procrastinator

Signs

- Does not want to do the homework
- Starts but does not finish
- Is more interested in other activities than homework

What to Know

- Do they understand the material or is it a learning need?
- Is it a self control issue?
Most children's brains do not fully develop the self control function until 12 years old.
- Is your aware of how long various tasks take?
Children often don't have a sense of time.

The Procrastinator

What To Do

- Insist that fun activities can not happen until homework is done
- Discuss with your child the time it will take to do each homework task
- Set a timer for each task



The Perfectionist

Signs

- Gets upset if the homework is not perfect
- Feels the spotlight is on them
- Starts and stops because a new way to do it is better than the last

What to Know

- High achievers become anxious if they don't know the best way to complete the work
- They fear it will not be correct
- They feel they are not meeting their ideal, best self.

The Perfectionist

What To Do

- Focus on the process rather than the outcome
 - How to plan
 - How long will it take
 - How to problem solve
 - What is important



The Speed Demon

Signs

- Rushes through the work
- Does not plan ahead
- Is not interested in the quality
- Thinks they know the information so why bother

What to Know

- Child thinks the work is not important
- Does not see the value of doing something well

The Speed Demon

What To Do

- Go over the work with your child and note places where there were mistakes due to rushing.
- Create a checklist for doing and reviewing the work.



Checklist

1. I took my time and answered all the questions.
2. I double checked my work to make sure it is correct.
3. I asked for help when I did not know what to do.

The Rebel

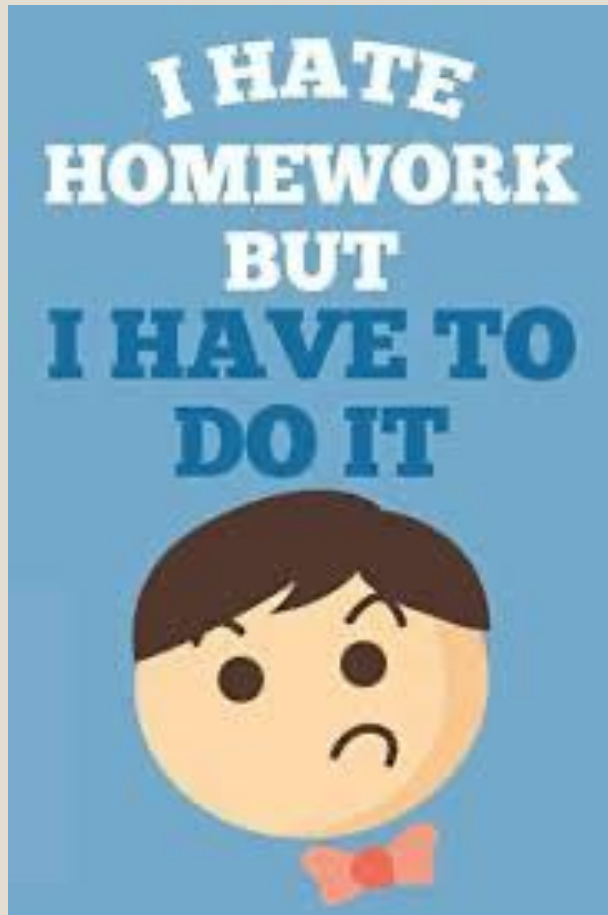
Signs

- Does not see the reason for the subject, “Why do I have to learn geometry?”
- Is critical of the teachers or school
- Is not interested in school or schoolwork but has other interests

What to Know

- Thinking out of the box and divergent thinking is a positive skill that will be needed in the future.
- Independent thinkers and doers will have more opportunities in the future workforce

The Rebel



What To Do

- If the child is too independent or critical and it is affecting their relationships at school and their grades:
 - Emphasize the learning of concepts and ideas
 - Show the connection between their passions and the school concepts
- Remind them that they need to be responsible and don't have to like the subject in order to do it.

The Forgetter

Signs

- Doesn't know what the homework assignment is.
- Forgets when the project is due.
- Cannot find the materials and supplies to do the work.

What to Know

- Organizational skills have to be taught
- Remembering and organizing is developmental

The Forgetter

What To Do

- Provide structure and lots of repetition
- Use checklists for various activities













Ellie's
DAILY CHECKLIST










MORNING		AFTERNOON		EVENING	
<input type="checkbox"/>	Make Bed	<input type="checkbox"/>	Chores	<input type="checkbox"/>	Take Bath
<input type="checkbox"/>	Brush Teeth	<input type="checkbox"/>	Practice Piano	<input type="checkbox"/>	Clear Table
<input type="checkbox"/>	Get Dressed	<input type="checkbox"/>	Read 30 min	<input type="checkbox"/>	Clean Toys
<input type="checkbox"/>	Eat Breakfast	<input type="checkbox"/>	Play with baby	<input type="checkbox"/>	Feed Pet
<input type="checkbox"/>	Say Prayers	<input type="checkbox"/>	Put shoes away	<input type="checkbox"/>	Brush Teeth
<input type="checkbox"/>	Morning Chore	<input type="checkbox"/>	Eat Snack	<input type="checkbox"/>	Put on PJs
<input type="checkbox"/>	Feed Pet	<input type="checkbox"/>	Homework	<input type="checkbox"/>	Say Prayers

Daily School Day Routine Checklists Bundle











Before School Checklist

<input type="checkbox"/>	 Make Bed	<input type="checkbox"/>	
<input type="checkbox"/>	 Get Dressed	<input type="checkbox"/>	
<input type="checkbox"/>	 Use the Bathroom	<input type="checkbox"/>	
<input type="checkbox"/>	 Brush Hair	<input type="checkbox"/>	
<input type="checkbox"/>	 Eat Breakfast	<input type="checkbox"/>	

After School Checklist

<input type="checkbox"/>	 Put Shoes Away	<input type="checkbox"/>	 Wash Hands
<input type="checkbox"/>	 Put Jacket Away	<input type="checkbox"/>	 Eat Snack
<input type="checkbox"/>	 Unpack Book Bag	<input type="checkbox"/>	 Clear Table
<input type="checkbox"/>	 Empty Folder	<input type="checkbox"/>	 Do Homework
<input type="checkbox"/>	 Put Lunch Box in Kitchen	<input type="checkbox"/>	 Read a Book

Book Bag Packing Check List

Do you have...		Do you need...	
<input type="checkbox"/>	 Folder	<input type="checkbox"/>	 Sneakers for Gym
<input type="checkbox"/>	 Homework	<input type="checkbox"/>	 Library Books
<input type="checkbox"/>	 Reading Books	<input type="checkbox"/>	 Signed Papers or Forms
<input type="checkbox"/>	 Lunch	<input type="checkbox"/>	 Device
<input type="checkbox"/>	 Water Bottle	<input type="checkbox"/>	 Snack



SOME MORE TIPS

Open-Communication

- **Talk** to your child daily about their homework and their **strengths/weaknesses** in the lesson.
- **Know** what your child's **needs** are and be sure the child and teacher are well aware of them.
- Always **alert** your child's **teacher** if your child **shows stress** or confusion over a topic.

Consistency is a KEY!

Just as your child is comfortable and knows where/when work will be completed at school, you need to create the **same environment** at home.



Consistency is a KEY!

- Establish a **place** where your child will always complete homework.
 - All homework **materials** should be kept at this location.
- Establish a **time** when your child will always complete their homework.



- **Use a weekly or monthly calendar to help your child organize their school and home activities.**

Some things to add to the planner:

- After school activities
 - piano lessons and soccer practice
- Chores they need to get done
 - pick up their toys, wash the dishes
- Appointments and visits
 - Go to the dentist, visit grandma

Plan homework and long term projects around the week's activities.

Help
Your
Child
Plan and
Organize
Their
Week.

MY WEEK

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
SCHEDULE / ACTIVITIES					
HOMEWORK					
CHORES					
A LITTLE ABOUT MY DAY...					

Allow your child Choices!

- Give your child **choices** to allow the child to take ownership of the homework.
- Let your child choose (with your guidance) the **place and time** homework will be completed each day.
- Review all your child's assignments with them and let them make their own schedule as to the **order the assignments** will be completed.
- Allow your child to take a **break** between homework assignments.





THE POMODORO TECHNIQUE

A time management method

- The **Pomodoro Technique** is a time management method developed by Francesco Cirillo.
- The technique uses a timer to break down work into 25 minutes in length,
- A 5 minute break is taken after each 25 minutes of work.
- Each interval is known as a *pomodoro*, from the Italian word for 'tomato', after the tomato-shaped kitchen timer that Cirillo used as a university student.

Pomodoro Technique



Stay Focused: the **Pomodoro Technique**

1. Choose a task you'd like to get done.
2. Set the pomodoro for 25 minutes.
3. Work on the task until the pomodoro rings.
4. When the pomodoro rings, put a checkmark on your paper.
5. Take a short break (5 minutes).
6. Every 4 pomodoros, take a longer break (15).

Apps (ios)

[Focus Time](#)



[Pomodoro](#)



[Pomodroido](#)



{Android}



- **Place a timer near your child.**
 - Set a time for working
- **Start with short amount of time** and make it longer as your child becomes more focused.
 - **Consider the age** of your child
 - Younger children can work for **5** minutes at a time
 - Increase the time for older children
- **Set the timer for doing the homework.**
- **Give a break for a few minutes**
- Continue this pattern until the homework is completed.

Allow
your
child
to
take a
break.

Motivation/Incentives

- **Developing Incentive Systems:**
 - Decide the problem behaviors
 - *Forgetting* materials for homework?
 - *Not writing down* assignments?
 - *Rushing* while completing work?
 - *Complaining* during the homework routine?



Motivation/Incentives

▪ Developing Incentive Systems:

- Set goals
 - Create a homework *contract* with your child
 - The contract should include the *rewards/penalties* for homework procedures.
- Monitor Progress and follow through with rewards/penalties
 - Stay consistent and keep track of the behaviors using a device such as a sticker chart.

HOMEWORK CONTRACT

I, Student Name _____ Date _____

Our Goals:

Please write with your child, completing the statements on the following study skills and refer to the "Goals" TABS ONLY.

1. I understand that it is important to write down my homework assignments because _____
2. I understand that it is important to pay attention to materials I am read to complete my assignments because _____
3. It is important to schedule quiet time to complete my assignments to each day because _____
4. I have arranged to do my homework in a quiet place which is located _____
5. It is important to budget enough time to complete all homework assignments because _____
6. I am proud of my homework when I _____

◦ Incentive Planning Sheet

◦ Problem Behavior _____

◦ Goal _____

◦ Possible Rewards _____

◦ Daily ____ Weekly ____ Long Term ____

◦ Possible Penalties _____

Incentive
Planning
Sheet

- **Homework Contract**

- Student Agrees to _____

- To help student reach their goal, parents will _____

- If student fails to meet the agreement, student will: _____

Homework
Contract

Reward Chart

Add your own targets

Color a star each time a task is achieved



Did 1 minute of deep breathing



Stayed in bed all night



	Did 1 minute of deep breathing	Stayed in bed all night			
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Well done! Color this star for completing the week



Date: _____

Subject/Assignment	Do I have all the materials?	Do I need help?	Who will help me?	How long will it take?	When will I start?
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>			
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>			
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>			
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>			
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>			
	Yes No <input type="checkbox"/> <input type="checkbox"/>	Yes No <input type="checkbox"/> <input type="checkbox"/>			

When will I take breaks?	What will be my reward for following my plan?
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Homework Planner

Review in Handout

Sample Homework Contract

- Review the sample contract.
- What do you already do?
- What can you do in the future?



HOMEWORK
CHECKLIST FOR
PARENTS

1. Show That You Think Education and Homework Are Important

- ___ Do you set a regular time every day for homework?
- ___ Does your child have the papers, books, pencils and other things needed to do assignments?
- ___ Does your child have a well-lit, fairly quiet place to study?
- ___ Do you set a good example by showing your child that the skills he is learning are an important part of the things he will do as an adult?
- ___ Do you stay in touch with your child's teacher?

2. Monitor Assignments

- ___ Do you know what your child's homework assignments are? How long they should take? How the teacher wants you to be involved in them?
- ___ Do you see that your child starts and completes assignments?
- ___ Do you read the teacher's comments on assignments that are returned?
- ___ Is TV viewing or video game playing cutting into your child's homework time?

3. Provide Guidance

- ___ Do you help your child to get organized? Does your child need a schedule or assignment book?
- ___ Do you talk with your child about homework assignments? Does she understand them?
- ___ Do you encourage your child to develop good study habits (for example, scheduling enough time for big assignments; making up practice tests)?

4. Talk with Teachers to Resolve Problems

- ___ Do you meet with the teacher early in the year *before* any problems arise?
- ___ Do you cooperate with the teacher to work out a plan and a schedule to solve problems?
- ___ If a problem comes up, do you meet with the teacher?
- ___ Do you follow up with the teacher and with your child to make sure the plan is working?

Homework Websites

- [Calculation Nation](#) - This site was developed by the [National Council of Teachers of Mathematics](#) and uses interactive games organized around upper elementary and middle grades math curriculum. Students will need to establish an account to play online with games that promote learning and practice with fractions, factors, multiples, and more.
- [The California Math Council](#) - This resource offers a section dedicated to free math education articles and activities for students from pre-K through high school.
- [Thinkfinity](#) - Thousands of math focused resources have been screened by educators to ensure accurate content and up-to-date information is made available for students. Resources are even grouped by grade and subject area to make finding resources simple!

Homework Websites

- [Figure This!](#) - Primarily focused on middle school students, Figure This! provides math challenges for students and families.
- [The Math Forum](#) - This interactive site gives families the option to "[Ask Dr. Math](#)", take on an internet math hunt or compete in one of the many weekly and monthly math challenges based on grade level.
- [Illustrative Mathematics](#) - Visit this site to find mathematical tasks that closely illustrate all of the Common Core Standards for each grade.
- [Nat'l Library of Virtual Manipulatives](#) - This site is home to hundreds of virtual manipulatives sorted by grade level and interactive tutorials that engage students in algebra, geometry, probability and measurement. Nat'l Library of Virtual Manipulatives promotes three key areas of mathematics: procedural skills, conceptual understanding and problem solving.

Questions and Answers

- What questions do you have?
- What is something you will try with your child?



THANK YOU!

Stella Kostopoulos: Presenter for CITE