

HOMWORK: TIPS AND TRICKS



Create and implement a daily routine for homework completion. Consistency is key!

1. Work with your child to choose a “homework space” where they will complete their work each day. Ensure that they will have enough space to work, as well as have supplies that they may need easily accessible to them (crayons, pencils, erasers, etc.)
2. Establish a consistent homework time so that they know they will go to their designated “homework space” at the same time each day. This schedule may also vary around your child’s after school activities. It may be helpful to have a calendar near their homework space if their homework time will change weekly based on their activity schedule.
3. Create a daily homework schedule; i.e. first math, then spelling, and then read for 10 minutes.

Develop an Incentive System. Think Motivation!

1. Work with your child to identify and describe the behaviors that are causing problems when it is time for homework (i.e. rushes through work and writing is messy).
2. Set a POSITIVE goal together that is related to the problem behavior (i.e. John will take his time and will complete his homework neatly).
3. Make a list of possible rewards that can be earned for reaching their goal. Point systems can be beneficial when used within incentive systems. For example: *John will earn 1 point each time he takes his time and completes his assignment neatly. If he earns 4 out of 5 points per week, he will be able to choose a reward from the reward menu.*
4. Create and write a homework contract together. The contract should specify the homework goal(s), as well as the roles and responsibilities of both the parent/guardian and the child.



For some children, building in breaks and choice can also be very helpful. You can build a quick movement or stretch break into your child’s homework schedule in between tasks, or even a healthy snack! Allowing some children to choose their order of homework completion could also be helpful if they frequently resist homework. Building in opportunities for choices and breaks can help motivate a child to complete their work, as well as to lessen power struggles between children and their parents.



If homework is taking too long, or your child is having too much trouble, be sure to talk to their teacher.