



Ways to Win the Homework Battle

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My Key Message To You

- Supporting your child in building effective homework habits during elementary school, can help ensure a successful middle school, high school, college experience – and beyond.

The stakes are high, the rewards even higher!



The Six Solutions

1. Balancing school and extra-curricular activities
2. Reconnecting after school
3. Creating a successful and viable homework plan
4. Starting the homework
5. Relaxing after homework
6. Connecting in the morning

Your Strategy for Success!

#1: Balancing School and Extra-Curricular Activities

- While it is important that your children succeed in school *and* participate in outside activities, beware of over-scheduling!



Balancing School and Extra-Curricular Activities: Tips

1. Look for signs of “stress overload”
2. Help your children understand their choices
3. If they have a heavy homework load, consider limiting them to one or two activities
4. Communicate with teachers and coaches to brainstorm creative solutions
5. If necessary, use part of the weekend to catch up on school work

#2: Re-Connecting After School

- It's been a long day - for everyone! Take 15 minutes for quality one-on-one time with your children before anything else.



Re-Connecting After School:

Tips

1. Kids – and parents – crave quality time together. Make it a family ritual
2. Plan it out beforehand (critical with multiple kids)
3. Be present – don't multi-task
4. Allow your child to take the lead in the conversation - *LISTEN*
5. Some ideas to consider:
 1. Have a snack break - together
 2. Go on a walk with your child / children (bring the dog!)
 3. Go to a park together
 4. Read a book together

#3: Creating a Successful and Viable Homework Plan

- Be realistic...and flexible! If your kids take responsibility for their plan, chances of success will be much greater.



Successful Homework Plan

Tips

1. Together with your children, look in their planner and estimate how long each assignment will take
2. Write out a simple plan, and agree on it!
3. Incorporate small breaks into the plan
4. Ensure there are no distractions while they are doing homework (i.e., TV, video games, phone)
5. Determine where your children can work most effectively (i.e., bedroom, kitchen table, dining room, etc.)
6. Use a timer to help your child see how long an assignment – or break - actually takes

#4: Starting the Homework

- *Work the plan, reward the effort!*



Starting the Homework:

Tips

1. Move to action by ensuring your children get started on their plan
2. Stay positive and patient – this is a process
3. If they get off-track, be encouraging but firm
4. Be available to assist your child, but don't do the work for them
5. If they are struggling with an assignment and you are unable to help, alert the teacher via email or voicemail
6. When they succeed, acknowledge their effort

#5: Relaxing After Homework

- After a long day, everyone needs some down time



Relaxing After Homework:

Tips

1. Pack up for the next day
2. Relax with a bath or shower
3. Avoid video / computer games – they are *not* calming!
4. Read a book together
5. Consider this time as part of their reward
 1. Alone time with a favorite book or ½ hour of TV
 2. Light snack (no sugar or caffeine)
 3. Hanging out with the family

#6: Connecting in the Morning

- Start the day with a healthy breakfast and a positive attitude



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Connecting in the Morning:

Tips

1. Enjoy a nutritious, tasty breakfast together
 1. Breakfast is the most important meal of the day – don't scrimp on it
 2. Include foods that contain protein - limit foods with large amounts of sugar
2. If at all possible, make your children's lunches the night before
3. Set the tone for the day with positive dialogue
 1. *You* set the tone for this with your own attitude
4. Minimize last minute scrambling – save that for the eggs!
 1. Don't contribute to a frantic start by not being prepared yourself

Remember: The Stakes are High, the Rewards are Even Higher!

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