

HOMework TIPS CHECKLIST FOR PARENTS

Use this checklist to help your children do their homework easily and stress free.

SET UP THE ENVIRONMENT

- Designate a study area – quiet, well-lit and private. Not too hot or too cold.
- Limit chances of distractions and interruptions.
- Play suitable study-music softly in the background or let your child listen to it on device with headphones.
- Burn incense or aromatic candles – rosemary for focus and memory; lavender for peace.
- Provide adequate supplies, such as pens, dictionary, and paper.
- Provide water or non-sugary drinks and healthy snacks – studying is hard work!



MANAGE HOMEWORK TIME

- Establish a routine to help establish good study habits.
- Devise and discuss rules for homework time with your children. Print this list, post it in the homework area, and refer to it when appropriate. Rules can include:
 - Homework time every day: 7:00pm – 8:30pm
 - Work quietly and do your best.
 - Say no to distractions.
 - Take a 5-minute break every 25 minutes. Stand up, breathe deeply, stretch, rest eyes, and take a sip of water.
 - Spend more time on difficult homework than easy homework.
 - Complete each assignment in full.
 - Ask for help if the homework is too hard.
 - Read a book or listen to an audio book if you finish before the homework end time.
- Stay close to monitor and be available to help with homework.
- Help create an atmosphere of study – do paperwork, study, or read during homework time.

GUIDANCE AND GOOD PRACTICE

- Don't do your kids' homework for them.
- If they ask for help, give guidance and stay patient.
- Ask for feedback after each homework session.
- Discuss and praise good work. Look out for and mention special efforts.
- Show interest in what they are doing.
- Share and discuss books, articles, TV programs, or TED talks relevant to their school work.
- Read the teacher's comments and notes on their assignments.
- Stay in touch with the teachers and find out what the children's study goals are.
- Contact the teacher if problems arise that you are unable to solve.
- Make sure the teacher knows of any crisis or big change at home, such as a divorce, illness, death, or an accident.
- Research and acquire study programs devised to help your children, if necessary.
- Consider appointing a mentor if the school work is too difficult for you to manage.