

It Starts at Home

The purpose of homework

Homework is an important part of a child's learning experience. Homework provides opportunities for students to:

- Strengthen their understanding of what was covered in class.
- Practice research skills by finding information independently.
- Learn about deadlines and develop self-discipline and a sense of responsibility.

Homework tips for parents

To help children complete homework successfully, parents can:

- Get to know the child's teacher and learn more about the types of homework the teacher assigns.
- Attend parent-teacher conferences and ask questions about the teacher's homework policies.
- Set up a homework area in the home. Make sure the child has a well-lit, comfortable, and quiet space.
- Schedule regular homework time. Some children work better in the afternoon after a snack and other children work better after supper.
- Help the child make a homework plan. Sometimes children feel overwhelmed by homework. Help the child make a plan by breaking up the work into small steps. Be sure to include breaks. Minimize distractions. Turn the TV off. Have your child avoid phone calls and texting until homework is completed.
- Support the child's growing independence by letting them do their own work. Children can't learn if they don't try things themselves and make their own mistakes.
- Help your child by making suggestions. Be a motivator and a monitor. Ask about assignments and quizzes. Encourage them, check completed homework, and be available for questions and concerns.
- Praise the child for good effort. Post their work on the fridge. Mention achievements to relatives.
- If the child has difficulties with homework that you can't solve, ask for help. Teachers can help determine the problem and come up with solutions.

For more information on homework visit: <http://kidshealth.org/parent/positive/learning/homework.html>