



Homework Help

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Disclaimer



You are the experts on your children 😊

Consider the following as a collection of helpful hints gleaned from research-based articles and websites.

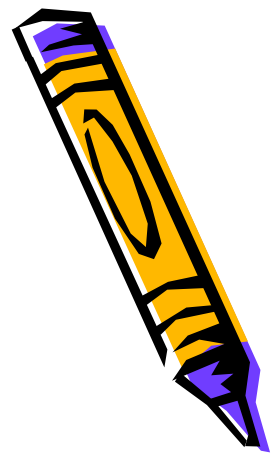


Key strategies



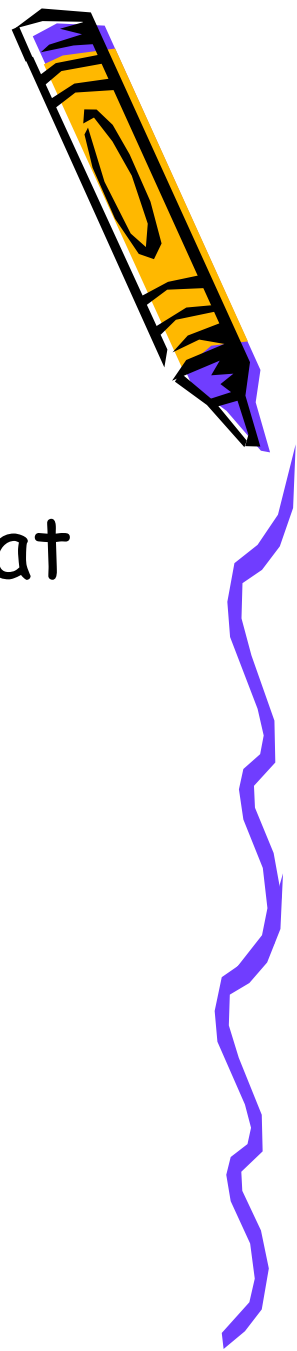
There are 2 key strategies for getting homework done effectively and efficiently

1. Establish a routine.
2. Build in rewards and/or incentives when in-school incentives are not enough.



Create a Routine!

- Set up a schedule with your child that will not change, no matter what his/her activities may be.
 - For example, 4:30-5:30 is homework time every day, no questions asked.



The Routine Continues with a Homework Spot ...



- Decide on a well-lit, quiet place that your child will do homework *every night*.
- Gather all of the supplies that s/he will need (e.g. paper, pens, pencils, markers, colored pencils, wastebasket, erasers, rulers, dictionary, thesaurus).
- Place a digital clock in this area so your child can keep track of his/ her breaks.



Organization is Everything!



- Make time to check to make sure that completed assignments are in your child's blue home/school folder.
- Check and Double Check: Get your child in the habit of checking the contents of his/her blue folder against the assignments written in the assignment book before s/he leaves the house in the morning.



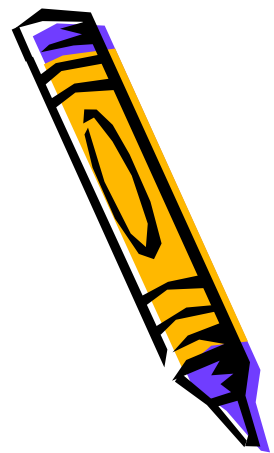
The Nitty Gritty: Now that you have your routine, time to *do the work*



- Review all work and then decide what to do first.
 - Hardest or Easiest?
- Get the necessary materials
 - Sharpened pencils, etc.
- Allow for breaks after every 15-30 minutes of uninterrupted work.
 - Breaks should not exceed 3-4 minutes and should *not* include watching TV.
- Know where to get help if you get stuck.
 - An available parent
 - A helpful website
 - A friend to call
- Reward for completing homework for the night
 - A favorite snack
 - TV show
 - Outside time



Homework Incentives



Simple Homework Incentive: Sometimes just a reminder of a favorite activity (TV time, story time, play time, computer time) to do after homework is completed is enough to get a child motivated.

Point-based Homework Incentive:

For an added push set up a point system with meaningful and varied rewards.



A Little Incentive goes a Long Way



- Find out what they like
 - Ask your child what activities they might like to do, small prizes they might like to earn for completing homework.
- Set an attainable goal
 - See sample incentive point system.
- Be consistent
 - If you choose to use an incentive program, stick to it!
- Focus on rewards only

The rewards themselves are enough to drive your child to do his/her work- do not take away points or rewards once they have earned them.



Sample Homework Incentive Plan



Before setting up a point system determine your child's problem areas and use them to guide you when assigning points for actions.

Goal: To do all of my homework without being distracted

Reward: * 15 points earns me an extra 30 minutes of TV on Friday.

* 30 points earns me a trip to the ice skating rink.

* When I earn 60 points I can choose to go to the zoo or the movies

Point System:

I receive...

1 point for starting h/w with no more than 2 reminders.

1 point for staying on task and focused for 30 minutes.

1 point for taking my breaks without getting distracted and coming back to work on time.

2 points for completing all of my assignments for the night.

1 point for putting my homework in my red folder.

A possible 6 points per night. If I don't have homework on a school night I can earn points by reading.



Student-friendly search engines from MCPS

Ask Jeeves for Kids

<http://www.ajkids.com>

KidsClick!

<http://sunsite.berkeley.edu/KidsClick!/>

Yahooligans!

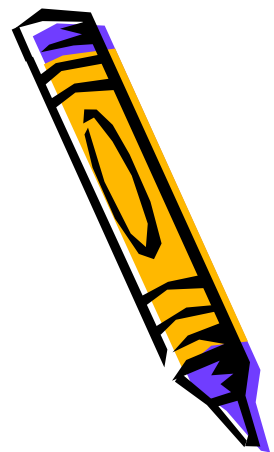
<http://www.yahooligans.com/>

Homework Spot

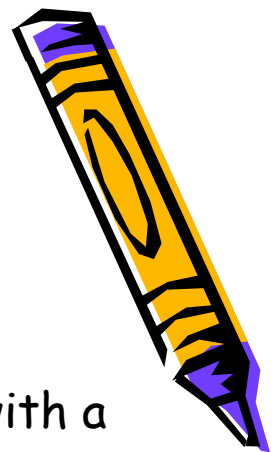
<http://www.homeworkspot.com>

Discovery Channel

<http://school.discovery.com/homeworkhelp/bjpinchbeck/>



How can you best help with homework?



- Send your children to school each day, well-rested, fed and with a positive outlook.
- Ask specific questions about what happens at school each day and how your children feel about it.
- Try not to let any of your own negative experiences keep you from supporting and encouraging your children's learning. Let them know how much you care about education by continuing your own learning both informally and formally, to impress its importance upon them.
- Set up a quiet, comfortable study area with good lighting and the school supplies that your children need. This can be almost anyplace in your home; you don't need a special room.
- Set a family "quiet time" where you and your children can work together on homework, reading, letter writing and playing games.
- Allow your children to study in the way each of them learns best.
- Make homework a daily activity and help your children develop good homework habits.

<http://www.nea.org/parents/homework.html>

