

STRESS-FREE HOMEWORK TIPS



Here are 10 easy things you can do to make sitting down to do homework a lot less stressful for your child.

1 PLAN OUT YOUR WEEK

On Sunday night, sit down with your child and their planner. Schedule homework for each day so they know what their week will look like ahead of time.



2 WRITE OUT AN AFTERNOON PLAN

Each afternoon plan the details for the afternoon with your child. Remember to include leisure (fun!) activities! Also include appointments, such as doctor, and errands to be run. Schedule this out the night before if you can then add any homework "to do's" after school.

3 START HOMEWORK IN THE AFTERNOON

Encourage your child to start homework in the afternoon when they are feeling calm and centered. In other words, have them come home, grab a snack, and relax, but not with TV or video games. They are over-stimulating to the brain.



4 ASSIGN A TIME FOR TASKS

Estimate with your child how long each assignment will take and assign a time for completion. If it takes more or less time, that's ok. But get used to trying to pre-determine the time. It helps with stress-relief and planning (also known as Executive Function).

5 HAVE A HOMEWORK SPACE

Set up a well-lit, distraction-free area of your house. A desk or a table are preferred. Make sure their feet touch the floor and they have limited access to texts, emails, and social media.



6 USE TIMERS

A Time-timer is a fabulous tool for the homework station. It allows us to monitor our time but also can remind us to take a break.

7 BREAK TIME!

Build in breaks every 15-20 minutes. A quick, 5-minute walk around the block, some jumping jacks and some water, or a quick crunchy snack are great brain-breaks.



8 STEP BY STEP

Break projects/reports down into smaller steps. Do not try to tackle it all at once. Remind your child to use Thinking Maps and planners to plan things out visually.

9 ASK FOR HELP

Encourage your child to ask questions or ask for clarification. Classmates can be great resources to answer questions or talk things through. Email teachers for more information as well.



10 YOU ROCK!

Celebrate your child! Congratulate them and encourage them to reward themselves with something fun and fulfilling for a job well done!