

A BUSY Parent's Guide to HOMEWORK!

No matter HOW busy you are, there are things you can do to help your children with their homework. Here are some creative suggestions for you to incorporate into your active lives!

Use Your Time Well

- Organize your time.
- Do a few things at once.
- Find other people to help.

TIP: Start homework in the car while waiting! The car is a quiet place where you

Help your child
Identify what works
for them!

Be AVAILABLE!

Reward a "Job Well
Done!"

Do YOUR homework
at the same time!



- Break projects into smaller chunks!
- Build in breaks (15 minutes of work earns a 3 minute break)

Balance Work Schedules and Family

- Do some school things at the beginning of the day.
- Make breakfast your family meal.
- Do things differently on weekends.

TIP: Working a late shift—check over homework in the morning.

5 Simple RULES

1. Establish a daily routine. Make homework a habit.
2. Structure after-school activities to allow for homework at a set time every day.
3. Stick to the routine—this will help your child know what is expected.
4. Get and stay organized. Keep homework area free of clutter, noise, and distractions.
5. Praise your child when they are done and enjoy some free time together!

Consider Other Locations

Use the library as a place for home work. No distractions and lots of resources!

Help with Time Management