Homework Tips Checklist for Parents

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

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# 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: 19:00-20:30
* 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 child’s 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 programmes or TED talks relevant to their school work.

Read the teacher’s comments and notes on their work.

Stay in touch with the teachers and find out what the children’s targets are.

Contact the teacher if problems arise that you are unable to solve.

Make sure that the teacher knows of any crisis or big change at home, such as a divorce, illness, death or an accident.

Research and acquire study programmes devised to help your children, if necessary.

Consider appointing a tutor if the school work is too difficult for you to manage.