

## 7 Steps to Hassle-free Homework

### THE PREP:

the behind-the-scenes stuff that sets your child up for success.

#### 1. Sleep:

10 hours for elementary & middle schoolers, 9.5 for teens. Why does it matter that they get enough sleep?

- Students who earn A's average 15 minute more sleep than
- B students who average 11 more minutes than
- C students who sleep 10 minutes more than D students.
- $15 + 11 + 10 =$  the best way for our kids to spend 36 minutes a day.

#### 2. Common space:

Homework at the kitchen table (instead of in their rooms) makes it:

- easy for us to monitor & step in.
- easy for them to stay on task.
- easy for them to behave appropriately online.

#### 3. Mono-task:

Multitasking is a myth. We actually 'task switch'. And that means if homework is happening with music on, or with texting:

- it takes longer to do each assignment.
- the number of mistakes made increases.
- the harder the homework, the more mistakes that get made.
- in fact, up to 40%. That's going from an A to a D.
- trying to multitask releases stress hormones and adrenaline

#### 4. Reward-free

Treats, money, trips, prizes. Any kind of reward interferes with learning. When we offer kids rewards it:

- decreases motivation
- decreases drive
- decreases sense of accomplishment

## THE WORK:

the in-the-moment ways to help it go well. every time.

### 5. Before you begin:

Sit down together before homework begins and talk through these questions:

- what homework do you have?
- how do you feel about each assignment?
- which do you want to do first? middle? last?
- how are you going to organize it?

### 6. Stuck in the middle:

Even with the best set up, there are inevitably snags along the way. Here's how to help when your child gets stuck on an assignment:

- where can you find help? the text? your notes? online?
- who can you contact for help? a classmate? your teacher?
- what's the smallest thing you can do right now? the next? and next?
- which part of the assignment do you like? start there.
- overwhelmed? cut the assignment in half.
- remind them how they've done hard things before.

### 7. The Epilogue:

A quick conversation after the last assignment is finished helps kids learn about their learning. Here are some things to talk about:

- Which assignment ended up being the most challenging?
- The easiest?
- If you were going to do them again, would you do it in the same order?
- What did you learn about how you do homework?
- Do you want to write yourself a note for tomorrow so you remember what works best?



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For more details, resources and help with homework or any other parenting issues, please contact me!



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