

HOMework TIPS FOR PARENTS

1 MODELLING

Be a positive role model by: accomplishing the tasks that others or you set for yourself, meeting deadlines, being organised, and so on.



2 REINFORCEMENT

Give positive, valued, and desired outcomes after the child has demonstrated helpful homework behaviours (e.g., starting tasks, staying focused, completing their work, asking for assistance).



Using a system of: If...[homework behaviour], Then... [desired activity/object] to help build the child's motivation to engage in homework (towards gaining the "reward").

3 MAKE A PLAN

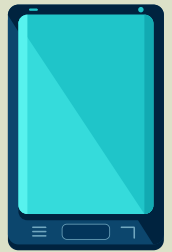
Develop a clear, step-by-step, and documented homework plan with your child. This plan could include the: days and times which homework will be completed, exact tasks that will be attempted, due dates, materials needed for each task, and so on.



4 AVOID DIGITAL DISTRACTIONS

Multi-tasking is a myth (more accurately, we very rapidly switch our attention between objects or tasks).

Remove or limit access to phones and other digital media (e.g., video games, tv, iPad) that are likely to be distracting than helpful.



5 HAVE A POSITIVE ATTITUDE

State a positive attitude towards homework.

Promote homework as an opportunity for growth (e.g., in learning, responsibility, persistence, collaboration).



6 SHARE INSTRUCTION & INFORMATION

Use homework time as an opportunity to share knowledge, skills, task-related processes, problem solving strategies, research tactics, and brainstorming techniques.

That is, homework time becomes a collaborative learning experience.



7 AN IDEAL STUDY ENVIRONMENT

Ideally, homework should be completed in a place that has minimum distractions (e.g., background noise, people walking through the room, few exciting objects in the room).

