



HOMEWORK WITHOUT THE HASSLE: WHAT YOU AS THE PARENT CAN DO

1. Make sure your child has a proper study area by:

- ✕ Helping your child find a special place where they can do their homework.
- ✕ Making sure it is well lit.
- ✕ Equipping this space with materials that he/she will need to complete homework (i.e.. pencils, markers, tape, scissors, stapler, glue, dictionary, paper, etc.).

2. Make sure homework is done on time by:

Establishing a daily homework time may be the most important step you take in solving your children's homework problems

- ✕ Scheduling a daily homework time. ✓
- ✕ Telling your children exactly how you expect homework time to be scheduled.
- ✕ Making sure all of your children's scheduled activities are written out on a daily schedule.
- ✕ Determining the length of time needed for homework each day.
- ✕ Determining the best time period each day to be set-aside for homework time.
- ✕ Establishing mandatory homework time for speeders and forgetters.

3. Make sure your children do homework on their own by:

- ✕ Telling your child you expect him/her to do homework on his/her own.
- ✕ Using encouragement; emphasizing your confidence in your child's ability to do their best work with a little boost from you.
- ✕ Breaking down the assignment into simple steps you know your child can do.
- ✕ Providing encouragement each time the child succeeds at any step. Then having him/her move forward to complete the assignment.

4. Motivate your children to do their best work by:

- ✕ Consistently praising your child's efforts.
- ✕ Telling your children specifically what you liked about their work.
- ✕ Giving a hug or pat on the shoulder as it can increase the impact of your motivation.

Further Motivation:

- ✕ Choose an incentive that your child will appreciate.
- ✕ Be consistent with the incentives. Once or twice will not produce results.
- ✕ Phase out incentives.
- ✕ Remember incentives are your choice not your child's (i.e.. If Johnny says "I won't do my homework unless you give me a prize". Let him know this won't be tolerated by saying "Johnny, doing your homework is your job. Offering you a reward is my choice.").

Motivating Ideas:

- ✕ Beat the Clock - Set a timer for assignments. Every time your child "beats the clock" offer him/her an incentive.
- ✕ Spinner - Use game spinners each time your child has done an assignment appropriately. He she will win whatever reward the spinner lands on (i.e.. Invite a Friend Over, Out to Lunch with Mom, Skip Washing Dishes One Night, etc.).
- ✕ Trade Off - Each time your child asks for help they need to trade

something with you that they have started with (i.e.. a handful of m&ms - they will trade one m&m each time they ask for help).

- ✕ Chunking - For those big homework assignments, divide the problems up into sections. Give an incentive for each section that gets done appropriately.
- ✕ Homework Contract - An agreement with you and your child that states, for example, that they will do their homework appropriately. They can earn points for each completed assignment, and earn a prize for 5 points collected.

5. If your child is not doing homework, communicate assertively by:

- ✕ Telling your children clearly and firmly that you expect them to do his/her homework responsibly.
- ✕ Not arguing with your children.
- ✕ Telling your children the choice is theirs.
- ✕ Not making meaningless threats of punishment.
- ✕ Being consistent in following through with your demands.
- ✕ Being prepared for your children to test you to see if you mean what you say.

