

Homework Tips

For many families including the children and young people, homework can present a number of difficulties including conflict, frustration and it can be tiring and confusing. It is often anxiety provoking to children, young people and to parents. This may be particular apparent if they are learning a new concept or lack confidence in their ability to do so. Also for young people there is greater pressure due to the homework being linked with their GCSE studies.



However there are a number of benefits are supporting your child and young person's homework including:

- they perform better academically
 - have greater academic achievement across all subjects
 - Teaches them to take responsibility
 - to manage their time
 - to be self-motivated
 - to be creative and use their own personal learning style.
- they supported by the parents and carers
 - it gives you an understanding that gives you an insight into their education (even if we don't fully understand it at times)

Here are a few quick tips to hopefully reduce areas of conflict and make homework into a more positive experience for all involved. Sometimes due to their anxiety, their behaviour may be challenging, so it is essential that you remain calm and be careful not to be drawn into debates and arguments about homework.

1. Homework Importance

Firstly, find the time to talk with your child or young person about how you dislike the conflict that homework can cause and that you want the best of them, including finding a way to make the best of doing homework. It is essential to convey the importance you place on homework, because if we are negative about it, it will encourage them to be negative about it.

2. Homework time

Agree with your child or young person about to set pre-planned time to do homework. Many of us need routines in our lives, particularly children in people and a set homework time needs to be part of this routine. Discuss and agree with your child or young person about how much time is needed to complete their homework. Then look at other regular activities including their favourite TV programmes, you have in your weekly routine. It might be useful to plot these on a weekly chart once

this is done you can then explore with them about when would be the best time for them to do their homework.

If children and young people are able to be involved in this process, they are more likely to take responsibility and engaged in homework. Once the time has been agreed, create a chart and display it.



Initially you may need to assist your child or young person to start the homework at the agreed time by reminding them in the morning and about 15 minutes prior to the time. Ensure that you stick to the plan as best you can.

3. Homework toolbox

With these tips, we aim to reduce areas of stress and one area of stress is when a child or young person goes to do their homework and they haven't got the required equipment to undertake their homework. Therefore it is useful to create a homework tool box. This is a box filled with items that your child young person may need to complete the homework. This box will need to cater to for their differing needs as they develop. Remember to regularly refill the toolbox.

Children and Young People will need things like:	Young people will also need:
<ul style="list-style-type: none"> • pens • pencils • erasers • plain paper • lined paper • squared paper • scissors • pencil sharpener • glue • felt tip pens • coloured pencils • sticky tape • hole punch • ruler • stapler • other craft materials 	<ul style="list-style-type: none"> • scientific calculator • compass • protractor • memory stick

4. Homework working space

The homework working space is an area that needs to be a quiet, minimal interruptions and a clear, well lit space. As with the agreed homework time, involve your child or young person in discussions about the most appropriate space in your home. Once agreed, ensure that this space is maintained by encouraging other family members to not disturb them whilst they are doing their homework and keep the area clear.

5. Encouragement and Support



Children and young people may need encouragement and support to do their homework. As with anything, if they are positively encouraged, they are more likely to engage in the activity. Use praise when they get on with their homework without any conflict. Also acknowledge and praise their efforts. If needed, implement a reward system. For example, if they get on with their homework at the agreed time, they receive a token or tick on a chart and if they receive the agreed number in a week, they gain a reward. Often children want to spend time with us as the reward.

The above tips are brief ideas to assist you in supporting homework and to make for an easier family life. Homework is part of the education system now and therefore it is part of family life. Involving your children and young people in the process and importance will hopefully reduce homework anxiety for all.