



## **REFRIGERATOR NOTES**

### **Homework Brain Training**

#### **For Preadolescent Children (8-12 years)**

- Communicate with your child's teacher (via phone, text, or email) to find out school expectations for homework. Work with the teacher to set realistic homework goals for your child if the school expectations do not match your child's needs.
- Have a family meeting with your child to plan a predictable homework schedule (see sample homework checklist). Establish when and where this homework will occur. Remember a daily predictable homework routine trains the brain to work and increases your child's attention focus.
- Help your child build up brain stamina for homework by starting with short periods of time and gradually increasing the workout time and level of difficulty. Use a timer.
- Keep the homework training environment free of distractions such as TV, I-phones, texts, games, siblings and chaos. Be nearby to help support or encourage your child.
- Help your child make a homework plan each day with goals for how long to work on each subject. Alternate harder and easier tasks, and set a manageable time limit for harder brain tasks. Provide extra encouragement and persistence coaching for harder tasks.
- Help your child develop an organizational habit of recording homework completed and plan for bigger projects by establishing a calendar planner with due dates and plan for completing the task. Help your child break large tasks into manageable parts. Reward the child's use of the planner with fun stamps or stickers. This also helps you track their progress.
- Set up daily incentive to reward your child's good study habits. Avoid a big incentive system for end of term grades, and instead give small daily rewards and praise. Do not remove points for negative behaviors during homework time.
- Ask your child to show you completed work and praise all efforts.
- Find out how you can track whether completed homework is turned in. Most schools have a way to check this on the web.
- Be sure to regulate your own emotions and be a positive role model. Use active listening to try to understand why doing homework is difficult or upsetting.
- Set limits and calmly enforce consequences for not doing homework (e.g., loss of screen time for evening)
- Be sure you are giving your child "special time" to build up positive feelings being together. This time should happen regardless of whether homework time is successful.
- Consult your child's teacher and build a partnership to help support your child's school performance. If homework is a continual struggle, work with the school to modify expectations or reduce barriers.