

Homework – Cut It Out!

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Do you get over-involved with your child's schoolwork? Does homework spell conflict? Do you pay your kids for their letter grades? If so you really need to **Cut It Out!** It's really important that parents help their kids feel good about learning and it is equally important to get to know your child's learning style so you can gauge the best approach and watch for difficulties. This kind of help is supportive and productive. Learning good work habits and organizational skills is much more important than focusing on getting an A and \$50.00 at report card time. Punishment and reward simply interferes with your child's love of learning and ability to take responsibility. So how can you be helpful?

Set up a workstation with all the materials available in your home. Negotiate a time of day that your child would like to sit and complete their work. Make it a time free of distractions from screens and phones so that no matter what your child is doing, you keep your end of the deal by providing that structure. Don't nag, criticize or get into conflict over their work. Schoolwork should become a kid issue and kids should experience their mistakes rather than constantly being rescued. This is the time to learn from failure so they don't have to learn later when the stakes are high in Post Secondary School. When children are young they need your help but as they mature your help should help them need you less!

- Stay positive and encourage by describing specific behaviors "You didn't give up." "You really took your time." "I notice you double checked your work."
- Don't gush praise or use evaluative terms like *good* and *bad*. Be honest and specific without judging and point errors out in a neutral way, "Check number three."
- Encourage your child to find their own errors.
- Remind your child that mistakes mean we are learning.
- Support but don't smother by taking over.
- If you feel impatient or angry, stop and step away.
- Watch your expectations and don't be a perfectionist.
- Watch your child's emotions, are they overwhelmed, avoiding...investigate to figure out the challenge
- Hire a tutor and stay out of the homework.
- Figure out their learning style, auditory, visual, kinesthetic.
- How's their organization? Is that where they need the help?
- Don't expect them to do their best with everything.
- Encourage rest and self-care to balance work. Remember they are in school all day long.
- Let go and let the school know if you need to step back