

10 WAYS TO HELP YOUR CHILD WITH THEIR HOMEWORK

Evidence shows that one of the best ways that parents can help their child at school is to support with homework. So how should you go about this? Here are 10 simple things you can do to help your child with their homework.

1. SET A ROUTINE: Try and schedule this time in for when your child is most alert and ready to learn. Encourage your child to choose this themselves, helping them feel more responsible and more motivated. The key is then to stick to it; becoming a part of their normal daily routine means that they are less likely to dread and procrastinate finishing their work.

2. HAVE A DESIGNATED HOMEWORK SPACE : Having a designated workspace to complete their homework can get your child into a working mindset. This could be in a separate room, or a table that is not being used for anything else. Having a clear space with what they need at the ready helps increase focus, prevent distractions and stop procrastination!

3. GET RID OF ALL DISTRACTIONS : While your child is doing their homework, they should put their phone (and anything else with notifications) somewhere else. We have a strict 'no mobile' policy in class resulting in confiscation for the reason that it impacts on concentration...

4. HAVE REGULAR BREAKS: Having regular, short breaks during homework time can allow your child to feel more attentive. If possible, exercising during these short breaks can be very useful for the brain.

5. PROMOTE INDEPENDENCE : Allow your child to take charge of their homework and allow them to get things wrong. This way, their teacher will know that they are struggling with that area and can help them. If they don't understand a question, encourage them to leave it and come back to it at the end. Self-management skills are beneficial for their academic performance.

6. HELP YOUR CHILD ORGANISE THEIR TIME: Organisation is a key skill for your child to learn and develop. If they are given many tasks to do, ask them what the best way to complete them might be, giving suggestions, if there is an easier way.

7. ENCOURAGE YOUR CHILD TO DEVELOP A GROWTH MINDSET : "I don't know how to do this", or "I can't do this" is known as a fixed mindset i.e. they think their talents are set in stone. A "growth mindset" is a belief that you can improve your intelligence, ability and performance. Using the word "yet" if they say they can't do something is powerful, as is asking them what they would do differently next time.

8. BE A ROLE MODEL : Encourage your child to see you working on things during their homework. By seeing you also do work, it can motivate your child to work on their homework as well.

9. RECOGNISE THEIR SUCCESSES : Often, children spend longer doing homework due to the fear of failure. Using the phrase, "I'm so proud of you" can reduce this fear by letting your child know that they would always have your support. This may give them more confidence and increase their self-esteem, allowing them to achieve more when doing their homework.

10. COMMUNICATE ANY WORRIES WITH THEIR TEACHER : If you feel that your child is spending too long on their homework, or is struggling a lot with it, tell their teacher. It may be that they misunderstand, need support or that the work is just too hard. We can only help if we know about it.