

## How Elementary and Middle School parents can help students avoid becoming overwhelmed.

Are you helping your child establish good homework routines? Answer *yes* to something you do often or always. Answer *no* to something you do rarely or never.

- ✓ **I provide** a comfortable, well lit place for doing homework?
- ✓ **I expect my child** to have a regular homework time.
- ✓ **I look over** my child's homework. (This doesn't mean do it for him.)
- ✓ **I encourage my child** to do homework before picking up the phone or tuning on the TV.
- ✓ **I praise** my child when she completes homework.

How did you do? Mostly yes answers mean, you are helping your child set good work habits. If you had no's, below are some suggestions for success.

- **Set up a workstation** with good lighting and plenty of school supplies. The search for books, assignments and supplies can waste hours of time.
- **A place for the backpack.** At study time, he should take out what is needed, do the work and return the materials to the backpack. Then he can just grab it before heading out the next morning.
- **Use a variety of reminders.** Post important dates on big calendar. Try putting sticky-notes on the door for when student is coming home or heading out. Tuck quick notes into the backpack or lunch.
- **Make lists.** Writing down things you need to do and checking them off as you finished.

Source: Charlene C. Giannetti and Margaret Sagarese. The Roller-Coaster Years.  
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