

Tips for helping your student succeed



Helping with homework

Homework should not be a chore. Make it a special time for both you and your student. Here are some tips for helping at homework time:

- ▶ Familiar routines help homework go smoothly. Designate a place and time for homework. It's a good idea if your child has a break and something to eat before starting on homework. For example, come home, have a snack, and start homework. Once homework is complete, have your child put it in their bag.
- ▶ Eliminate distractions at homework time. **No texting, no TV.** However, consider allowing background music if it is appropriate to your child's learning style.
- ▶ Be part of the homework routine. Parents can read and their students can work quietly at the same time to stress the importance of life-long learning.
- ▶ Before starting homework, ask your child to explain the task and how it relates to what he/she is studying at school.
- ▶ Be interested and available to talk to your child about what he/she has learned so far (school/homework).
- ▶ When your student has a large writing assignment, encourage him/her to work on a rough draft early. Encourage your student to put it away for a day, then go back and proofread the assignment.



- ▶ Discourage your child from copying from a text when he/she is asked to do investigate, explore or research tasks. Discuss the information together, note the key facts, important information or interesting details and help your child to write these down as brief notes.

Successful students sleep

Students who don't sleep well at night can have problems with focus and behavior at school. Conversely, a well-rested child is more likely to have energy and enthusiasm in the classroom.

Studies indicate that children between ages 6 and 9 need about 10 hours of sleep a night, while pre-teens need a little more than 9 hours. Your child may require more sleep if he or she:

- ▶ Has a short attention span, or is irritable or restless.

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- ▶ Has unusually low energy and activity levels.
- ▶ Is more tearful, anxious, defensive or impatient than usual.
- ▶ Help your student get the sleep he/she needs:
- ▶ Set a regular time for "lights out" and stick to it.
- ▶ No big meals near bedtime.
- ▶ Eliminate caffeine within six hours of bedtime.
- ▶ Make sure the after-dinner period is relaxing as opposed to physically active.
- ▶ Establish a calming bedtime routine.

General Tips

- ▶ Encourage students to practice concepts for each subject daily (whether homework is assigned or not). Practicing vocabulary words, math problems, etc. helps avoid cramming the night before a quiz or test and helps retention of those concepts.
- ▶ Encourage your student to look up words he/she doesn't know. Talk to your student about what he/she is currently reading.
- ▶ Talk to your student's teachers. When you show interest in your student's progress, you send a message to your student that school is important and that assignments should be completed properly and on time.
- ▶ Keep a journal that includes interesting vocabulary words, burning questions etc. Share the information during meals, car rides, or bedtime reading etc., to stimulate discussion.
- ▶ Create a rich environment for learning during family activities. Look for opportunities for stim-

ulating conversation during dinner, trips, games, reading time, family sports, and home organization.

- ▶ Instead of trying to teach your child methods you used at school (math, reading etc.), make an appointment with your child's teacher and find out the methods that work best today.
- ▶ Stay in the loop by reading school newsletters and visiting the school website. If your child's teacher has an active website, be sure to check it regularly to monitor grades and homework assignments.
- ▶ Communication is crucial. Talk to your student's teachers. If your student knows you are interested in their progress, he/she will take a bigger interest in completing assignments properly.

We will be adding tips throughout the school year, so check www.ieanea.org regularly.

Also, visit these sites for more information on how you can help your student.

The Federal Citizen Information Center
The National Education Association

Imprint your information here.

