



Helping Your Child With Homework

Homework: A Concern for the Whole Family

Homework is an opportunity for children to learn and for families to be involved in their children's education. However, helping children with homework isn't always easy. At parent-teacher meetings and in conferences with parents, teachers often hear questions such as:

- ◆ How can I get Michael to do his homework? Every night it's a struggle to get him to turn off the TV and do his homework.
- ◆ Why isn't Maria getting more homework?
- ◆ Why is Jonathan getting so much homework?
- ◆ When is Suki supposed to do homework? She takes piano lessons, sings in her church choir, plays basketball and helps with family chores. There's hardly any time left to study.
- ◆ How can I help Robert with his math homework when I don't understand it?
- ◆ Do homework assignments really help my child learn?

This guide helps answer these and other questions that parents, family members and others who care for children in elementary and middle school often ask about homework. The guide also includes practical ideas for helping children to complete homework assignments successfully.

Helping your child with homework is an opportunity to improve your child's chances of doing well in school and in life.

The Basics

Before discussing ways that you can help your child with homework, it is important to understand why teachers assign homework and how it benefits your child.

Why Do Teachers Assign Homework?

Teachers assign homework for many reasons. Homework can help their students:

- ◆ review and practice what they've covered in class;
- ◆ get ready for the next day's class;
- ◆ learn to use resources, such as libraries, reference materials and computer web sites to find information about a subject;
- ◆ explore subjects more fully than classroom time permits;
- ◆ extend learning by applying skills they already have to new situations; and
- ◆ integrate their learning by applying many different skills to a single task, such as book reports or science projects.

Homework also can help students to develop good study habits and positive attitudes. It can:

- ◆ teach them to work independently; and
- ◆ encourage self-discipline and responsibility (assignments provide some children with their first chance to manage time and to meet deadlines).

In addition, homework can help create greater understanding between families and teachers and provide opportunities for increased communication. Monitoring homework keeps families informed about what their children are learning and about the policies and programs of the teacher and the school.

Does Homework Help Children Learn?

Homework helps your child do better in school when the assignments are meaningful, are completed successfully and are returned with constructive comments from the teacher. An assignment should have a specific purpose, come with clear instructions, be fairly well matched to a child's abilities and help to develop a child's knowledge and skills.

In the early grades, homework can help children to develop the good study habits and positive attitudes described earlier. From **third through sixth grades**, small amounts of homework, gradually increased each year, may support improved school achievement. In **seventh grade and beyond**, students who complete more homework score better on standardized tests and earn better grades, on the average, than do students who do less homework. The difference in test scores and grades between students who do more homework and those who do less increases as students move up through the grades.

What's the Right Amount of Homework?

The right amount of homework depends on the age and skills of the child. National organizations of parents and teachers suggest that children in **kindergarten through second grade** can benefit from 10 to 20 minutes of homework each school day. In **third through sixth grades**, children can benefit from 30 to 60 minutes a school day. In **seventh through ninth grades**, students can benefit from spending more time on homework and the amount may vary from night to night.

Amounts that vary from these guidelines are fine for some children and in some situations. For example, because reading at home is especially important for children, reading assignments might push the time on homework a bit beyond the amounts suggested here.

If you are concerned that your child has either too much or too little homework, talk with his or her teacher and learn about the school's homework policies.

Show That You Think Education and Homework Are Important

Children need to know that their family members think homework is important. If they know their families care, children have a good reason to complete assignments and to turn them in on time. You can do many things to show that your child that you value education and homework.

Set a Regular Time for Homework

Having a regular time to do homework helps children to finish assignments. The best schedule is one that works for your child and your family. What works well in one household may not work in another. Of course, a good schedule depends in part on your child's age as well as his or her specific needs. For instance, one child may do homework best in the afternoon, completing homework first or after an hour of play and another may do it best after dinner. However, don't let your child leave homework to do just before bedtime.

Your child's outside activities, such as sports or music lessons, may mean that you need a flexible homework schedule. Your child may study after school on some days and after dinner on others. If there isn't enough time to finish homework, your child may need to drop some outside activity. Let her know that homework is a high priority.

You'll need to work with your elementary school child to develop a schedule. An older student can probably make up a schedule independently, although you'll want to make sure that it's a workable one. You may find it helpful to write out his or her schedule and put it in a place where you'll see it often, such as on the refrigerator door.

Some families have a required amount of time that their children must devote to homework or some other learning activities each school night (the length of time can vary depending upon the child's age). For instance, if your seventh grader knows she's expected to spend an hour doing homework, reading or visiting the library, she may be less likely to rush through assignments so that she can watch TV. A required amount of time may also discourage your child from "forgetting" to bring home assignments and help him or her adjust to a routine.

Pick a Place

Your child's homework area doesn't have to be fancy. A desk in the bedroom is nice, but for many children, the kitchen table or a corner of the living room works just fine. The area should have good lighting and it should be fairly quiet.

Your child may enjoy decorating a special area for homework. A plant, a brightly colored container to hold pencils and some favorite artwork taped to the walls can make homework time more pleasant.

Remove Distractions

Turn off the TV and discourage your child from making and receiving social telephone calls during homework time. (A call to a classmate about an assignment, however, may be helpful.)

Some children work well with quiet background music, but loud noise from a CD player, radio or TV is not OK. One history teacher laments, "I've actually had a kid turn in an assignment that had written in the

middle, 'And George Washington said, "Ohhhhh, I love you.'" The kid was so plugged into the music that he wasn't concentrating."

If you live in a small or noisy household, try having all family members take part in a quiet activity during homework time. You may need to take a noisy toddler outside or into another room to play. If distractions can't be avoided, your child may want to complete assignments in the local library.

Provide Supplies and Identify Resources

Have available pencils, pens, erasers, writing paper and a dictionary. Other supplies that might be helpful include a stapler, paper clips, maps, a calculator, a pencil sharpener, tape, glue, paste, scissors, a ruler, index cards, a thesaurus and an almanac. If possible, keep these items together in one place. If you can't provide your child with needed supplies, check with his or her teacher, school guidance counselor or principal about possible sources of assistance.

For books and other information resources, such as suitable computer web sites, check with the school library or your local public library. Some libraries have homework centers designed especially to assist children with school assignments (they may even have tutors and other kinds of individual assistance).

You may want to ask your child's teacher to explain school policy about the use of computers for homework. Certainly, computers are great learning and homework tools. Your child can use his or her computer not only for writing reports and for getting information through Internet resource sites, but for "talking" with teachers and classmates about assignments. In many schools, teachers post information about homework assignments and classwork on their own web sites, which also may have an electronic bulletin board on which students can post questions for the teacher and others to answer. (For more information about using the Internet, see the

U.S. Department of Education's, *Parents' Guide to the Internet*, listed in the "Helpful Resources" section of this guide) However, you don't have to have a computer in your home for your child to complete homework assignments successfully. Some schools may offer after-school programs that allow your child to use the school computers. And many public libraries make computers available to children.

Set a Good Example

Show your child that the skills he or she is learning are an important part of the things he or she will do as an adult. Let your child see you reading books, newspapers and computer screens; writing reports, letters, e-mails and lists; using math to balance your checkbook or to measure for new carpeting; doing other things that require thought and effort. Tell your child about what you do at work.

Help your child to use everyday routines to support the skills he or she is learning—for example, teach your child to play word and math games; help your child to look up information that interests him or her about singers, athletes, cars, space travel and so forth; and talk with your child about what he or she sees and hears as the two of you walk through the neighborhood, go shopping at the mall or visit a zoo or museum.

Be Interested and Interesting

Make time to take your child to the library to check out materials needed for homework (and for enjoyment) and read with your child as often as you can. Talk about school and learning activities in family conversations. Ask your child what was discussed in class that day. If he or she doesn't have much to say, try another approach. For example, ask your child to read aloud a story he or she wrote or to talk about what he or she found out from a science experiment.

Attend school activities, such as parent-teacher conferences, plays, concerts, open houses and sports events. If you can, volunteer to help in your child's classroom or at special events. Getting to know some of your child's classmates and their parents builds a support network for you and your child. It also shows your child that home and school are a team.

Monitor Assignments

Children are more likely to complete homework successfully when parents monitor their assignments. How closely you need to monitor your child depends upon his or her age, how independent he or she is and how well he or she does in school. Whatever the age of your child, if he or she is not getting assignments done satisfactorily, he or she requires more supervision.

Here are some ways to monitor your child's assignments.

Ask about the School's Homework Policy

At the start of the school year, ask your child's teacher about any rules or guidelines that children are expected to follow as they complete homework. Ask about the kinds of assignments that will be given and the purposes for the assignments.

Talk with the teacher about your role in helping with homework. Expectations for parent involvement vary from teacher to teacher. Some teachers want parents to monitor homework closely, whereas others want them simply to check to make sure the assignment is completed on time.

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Ask the teacher to call if any problems with homework come up. Let her know that you will do the same.

Be Available

Many elementary school students often like to have someone with them to answer questions as they work on assignments. If your child is cared for by someone else, talk to that caregiver about how to deal with homework. For an older child, if no one will be around, let him know when you want him or her to begin homework and call to remind him if necessary.

However, if the teacher has made it known that students are to do homework on their own, limit your assistance to your child to assuring that assignments are clear and that necessary supplies are provided. Too much parent involvement can make children dependent—and takes away from the value of homework as a way for children to become independent and responsible.

Look Over Completed Assignments

It's usually a good idea to check to see that your elementary school child has finished her assignments. If your middle-school student is having trouble finishing assignments, check his work, too. After the teacher returns completed homework, read the comments to see if your child has done the assignment satisfactorily.

Monitor Time Spent Viewing TV and Playing Video Games

American children on average spend far more time watching TV or playing video games than they do completing homework. In many homes, more homework gets done when TV viewing and "game" time is limited.

Once you and your child have worked out a homework schedule, take time to discuss how much TV and what programs he or she can

watch. It's worth noting that television can be a learning tool. Look for programs that relate to what your child is studying in school, such as programs on history or science or dramatizations of children's literature. When you can, watch shows with your child, discuss them and encourage follow-up activities such as reading or a trip to the museum.

Likewise, limit the amount of time your child spends playing video games. As with TV programs, be aware of the games your child likes to play and discuss choices with him or her.

Provide Guidance

The basic rule is, "Don't do the assignments yourself." It's not your homework—it's your child's. "I've had kids hand in homework that's in their parents' handwriting," one eighth-grade teacher complains. Doing assignments for your child won't help him understand and use information. And it won't help him become confident in his own abilities.

Here are some ways that you can provide guidance without taking over your child's homework.

Help Your Child Get Organized

Help your child to make a schedule and put it in a place where you'll see it often. Writing out assignments will get him or her used to the idea of keeping track of what's due and when. If your child is not yet able to write, write it for him or her until he or she can.

A book bag or backpack will make it easier for your child to carry homework to and from school. Providing homework folders in which your child can tuck assignments for safekeeping also can help him or her to stay organized.

Encourage Good Study Habits

Teachers generally give students tips on how to study. But it takes time and practice to develop good study habits. To reinforce good habits at home, you can:

- ◆ **Help your child manage time to complete assignments.** For example, if your eighth grader has a biology report due in three weeks, discuss all the steps he or she needs to take to complete it on time, including:
 1. selecting a topic;
 2. doing the research by looking up books and other materials on the topic and taking notes;
 3. figuring out what questions to discuss;
 4. drafting an outline;
 5. writing a rough draft; and
 6. revising and completing the final draft.

Encourage your child to make a chart that shows how much time he or she expects to spend on each step.

- ◆ **Help your child to get started when he or she has to do research reports or other big assignments.** Encourage your child to use the library. If he or she isn't sure where to begin, tell him or her to ask the librarian for suggestions. If your child is using a computer for online reference resources—whether the computer is at home, school or the library—make sure he or she is getting whatever help is needed to use it properly and to find age-appropriate web sites. Many public libraries have homework centers with tutors or other kinds of one-on-one assistance. After your child has completed the research, listen as he or she tells you the points he or she wants to make in the report.
- ◆ **Give practice tests.** Help your third grader prepare for a spelling test by saying the words as he or she writes them. Have your child correct his or her own test as you spell each word.

Encourage your child to use the library. If your child isn't sure where to begin, tell him or her to ask the librarian for suggestions.

- ◆ **Help your child avoid last-minute cramming.** Review with your fifth grader how and what to study for his or her social studies test long before it's to be given. You can have your child work out a schedule of what he or she needs to do to, make up a practice test and write down answers to the questions he or she has made up.
- ◆ **Talk with your child about how to take a test.** Be sure he or she understands how important it is to read the instructions carefully, to keep track of the time and to avoid spending too much time on any one question. (See the "Helpful Resources" section at the end of this guide for titles of books and pamphlets that give more tips on how your child can get organized and develop good study habits.)

Talk about the Assignments

Talking and asking questions can help your child to think through an assignment and break it down into small, manageable parts. Here are some questions to ask.

- ◆ **Do you understand what you're supposed to do?** After your child has read the instructions, ask him or her to tell you in his or her own words what the assignment is about. (If your child can't read yet, the teacher may have sent home instructions that you can read to your child.) Some schools have homework hotlines that you can call or web sites that you can access by computer for assignments in case your child misplaced a paper or was absent on the day it was given. If your child doesn't understand the instructions, read them with him or her and talk about the assignment. Does

it have words that your child doesn't know? How can he or she find out what the words mean? If neither you nor your child understands an assignment, call one of your child's classmates or get in touch with the teacher.

- ◆ **Do you need help in understanding how to do this assignment?** See if your child needs to learn more, for example, about subtracting fractions before he or she can do an assignment. Or find out if the teacher needs to explain to your child again when to use different kinds of punctuation marks. If you understand the subject yourself, you may want to work through some examples with your child. However, always let him or her do the assignment herself.
- ◆ **Do you have everything you need to do the assignment?** Sometimes your child needs special supplies, such as colored pencils, metric rulers, calculators, maps or reference books. Check with the teacher, school guidance counselor or principal for possible sources of assistance if you can't provide the needed supplies. Check with your local library or school library for books and other information resources.
- ◆ **Does your answer make sense to you?** To check that your third-grader understands what he or she is doing, ask your child to explain how he or she solved a math problem or have him or her summarize what he or she has written in a report.

Watch for Frustration

If your child shows signs of frustration, let him or her take a break. Encourage your child and let him or her see that you know he or she can do the work.

Give Praise

People of all ages respond to praise. And children need encouragement from the people whose opinions they value most—their families. “Good first draft of your book report!” or “You’ve done a great job” can go a long way toward motivating your child to complete assignments.

Children also need to know when they haven't done their best work. Make criticism constructive, however. Instead of telling a sixth grader, “You aren't going to hand in that mess, are you?” say, “The teacher will understand your ideas better if you use your best handwriting.” Then give praise when the child finishes a neat version.

Talk with Teachers to Resolve Problems

Homework problems often can be avoided when families and caregivers value, monitor and guide their children's work on assignments. Sometimes, however, helping in these ways is not enough. If you have problems, here are some suggestions for how to deal with them.

Tell the Teacher about Your Concerns

You may want to contact the teacher if:

- ◆ your child refuses to do his or her assignments, even though you've tried hard to get him or her to do them;
- ◆ the instructions are unclear;
- ◆ you can't seem to help your child get organized to finish the assignments;
- ◆ you can't provide needed supplies or materials;
- ◆ neither you nor your child can understand the purpose of the assignments;
- ◆ the assignments are too hard or too easy;

- ◆ the homework is assigned in uneven amounts—for instance, no homework is given on Monday, Tuesday or Wednesday, but on Thursday four assignments are made that are due the next day; or
- ◆ your child has missed school and needs to make up assignments.

In some cases, the school guidance counselor or principal also may be helpful in resolving problems.

Work with the Teacher

Continuing communication with teachers is very important in solving homework problems. As you work with your child's teacher, here are some important things to remember:

- ◆ **Talk with each of your child's teachers early in the school year.** Get acquainted before problems arise and let each teacher know that you want to be kept informed. Most elementary and middle schools hold regular parent-teacher conferences or open houses. If your child's school doesn't provide such opportunities, call the teacher to set up a meeting.
- ◆ **Contact the teacher as soon as you suspect your child has a homework problem** (as well as when you think he's having any major problems with his or her schoolwork). Schools have a responsibility to keep you informed about your child's performance and behavior and you have a right to be upset if you don't find out until report-card time that your child is having difficulties. On the other hand, you may figure out that a problem exists before the teacher does. By alerting the teacher, you can work together to solve a problem in its early stages.
- ◆ **Request a meeting with the teacher to discuss homework problems.** Tell him briefly why you want to meet. You might say, "Rachel is having trouble with her math homework. I'm worried about why she can't finish the problems and what we might do to help her." If English is your second language, you may need to make special arrangements, such as including in the meeting someone who is bilingual.
- ◆ **Approach the teacher with a cooperative spirit.** Believe that the teacher wants to help you and your child, even if you disagree about something. Don't go to the principal without giving the teacher a chance to work out the problem with you and your child.
- ◆ **Let the teacher know whether your child finds the assignments too hard or too easy.** (Teachers also like to know when their students are particularly excited about an assignment.) Of course, not all homework assignments can be expected to interest your child and be perfectly suited to him or her. Teachers just don't have time to tailor homework to the individual needs of each student. However, most teachers want to assign homework that their students can complete successfully and they welcome feedback.

Many teachers structure homework so that a wide range of students will find assignments interesting. For example:

- They offer students options for different approaches to the same topic or lesson;
- They give extra assignments to students who want more challenge; and
- They give specialized assignments to students who are having trouble in a particular area.

- ◆ **During your meeting with the teacher, explain what you think is going on.** In addition, tell the teacher if you don't know what the problem is. Sometimes a student's version of what's going on isn't the same as the teacher's version. For example, your child may tell you that the teacher never explains assignments so that he or she can understand them. But the teacher may tell you that your child isn't paying attention when assignments are given.
- ◆ **Work out a way to solve or lessen the problem.** The strategy will depend on what the problem is, how severe it is and what the needs of your child are. For instance:
 - **Is the homework often too hard?** Maybe your child has fallen behind and will need extra help from the teacher or a tutor to catch up.
 - **Does your child need to make up a lot of work because of absences?** The first step might be working out a schedule with the teacher.
 - **Does your child need extra support beyond what home and school can give her?** Ask the teacher, school guidance counselor or principal if there are mentor programs in your community. Mentor programs pair a child with an adult volunteer who assists with the child's special needs. Many schools, universities, community organizations, churches and businesses offer excellent mentoring programs.
- ◆ **Make sure that communication is clear.** Listen to the teacher and don't leave until you're sure that you understand what's being said. Make sure, too, that the teacher understands what you have to say. If, after the meeting, you realize you don't understand something, call the teacher to clarify.

At the end of the meeting, it may help to summarize what you've agreed to do:

"OK, so to keep track of Kim's assignments, I'll check her assignment book each night and write my initials beside new assignments. Each day you'll check to make sure she's written down all new assignments in her book. That way we'll be certain that I know what her assignments are."

- ◆ **Follow up to make sure that the approach you agreed to is working.** If the teacher told you, for example, that your child needs to spend more time practicing long division, check back in a month to talk about your child's progress.

Homework can bring together children, families and teachers in a common effort to improve children's learning.

Helping your child with homework is an opportunity to improve your child's chances of doing well in school and life. By helping your child with homework, you can help him learn important lessons about discipline and responsibility. You can open up lines of communication—between you and your child and you and the school. You are in a unique position to help your child make connections between school work and the "real world," and thereby bring meaning (and some enjoyment) to your child's homework experience.

Helpful Resources

Homework without Tears: A Parent's Guide for Motivating Children to Do Homework and to Succeed in School, by Lee Canter and Lee Hausner, New York: HarperCollins (1993).

The Homework Handbook: Practical Advice You Can Use Tonight to Help Your Child Succeed Tomorrow, by Harriet Cholden, John A. Friedman, and Ethel Tiersky, New York: McGraw-Hill (1998).

The Battle over Homework: Common Ground for Administrators, Teachers and Parents, New York: by Harris M. Cooper, Corwin Press (2001).

Taming the Homework Monster: How to Stop Fighting with Your Kids over Homework, by Ellen Klavan, New York: Poseidon Press (1992).

Helping Your Student Get the Most Out of Homework, by the National Parent Teacher Association and the National Education Association (1995). (Can be downloaded from the PTA web site: www.pta.org/programs/edulibr/homework.htm).

Megaskills: How Families Can Help Children Succeed in School and Beyond (rev. ed.). by Dorothy Rich, Boston: Houghton Mifflin (1992).

Homework Tips for Parents, by the U.S. Department of Education. (2002). (Can be downloaded from the Department's web site at www.nclb.gov/parents/homework/index.html).

Parents Guide to the Internet, by the U.S. Department of Education (1997). (Can be downloaded from the Department's web site at www.ed.gov/pubs/parents/internet).

Federal Sources of Assistance If Your Child Has a Learning Disability

ERIC Clearinghouse on Disabilities and Gifted Education

1920 Association Drive
Reston, VA 22091
800-328-0272
www.ericec.org/

The National Library Service for the Blind and Physically Handicapped

Library of Congress
Washington, DC 20542
202-707-5100
www.loc.gov/nls/

National Institute of Child Health and Human Development Clearinghouse

U.S. Department of Health and Human Services
P.O. Box 3006
Rockville, MD 20847
800-370-2943
www.nichd.nih.gov/publications/publications.htm

National Information Center for Children and Youth with Disabilities

P.O. Box 1492
Washington, DC 20013-1492
800-695-0285 (voice & TTY)
www.nichcy.org

Office of Special Education and Rehabilitative Services

U.S. Department of Education
400 Maryland Ave., SW
Washington, DC 20202
202-245-7468
www.ed.gov/about/offices/list/osers/index.html

Checklist for Helping Your Child With Homework

1. Show That You Think Education and Homework Are Important

- Do you set a regular time every day for homework?
- Does your child have the papers, books, pencils and other things needed to do assignments?
- Does your child have a well-lit, fairly quiet place to study?
- Do you set a good example by showing your child that the skills he is learning are an important part of the things he will do as an adult?
- Do you stay in touch with your child's teacher?

2. Monitor Assignments

- Do you know what your child's homework assignments are? How long they should take? How the teacher wants you to be involved in them?
- Do you see that your child starts and completes assignments?
- Do you read the teacher's comments on assignments that are returned?
- Is TV viewing or video game playing cutting into your child's homework time?

3. Provide Guidance

- Do you help your child to get organized? Does your child need a schedule or assignment book? A book bag or backpack and a folder for papers?
- Do you encourage your child to develop good study habits (for example, scheduling enough time for big assignments; making up practice tests)?
- Do you talk with your child about homework assignments? Does she understand them?

4. Talk with Teachers to Resolve Problems

- Do you meet with the teacher early in the year before any problems arise?
- If a problem comes up, do you meet with the teacher?
- Do you cooperate with the teacher to work out a plan and a schedule to solve homework problems?
- Do you follow up with the teacher and with your child to make sure the plan is working?

Source: U.S. Department of Education

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