

Raising an Academic Champion: How Can I Help My Child Tackle Homework?

Homework can be a daunting task for students and parents alike. Making school work a priority in your home, sends the signal that you care about your child and their future. Below are some quick tips to help ensure your child is set-up for homework – and academic – success.

- **Make a schedule.** Make homework part of a schedule that includes other fun activities. If other enjoyable activities are part of their regular schedule children will look forward to those activities and work toward them.
- **Identify a location in your home conducive to learning.** The environment where you child does their homework can have a significant impact. Look for a location in your home where there is good lighting, limited distractions and comfortable seating.
- **Remove distractions.** Limiting distractions will allow children to focus their attention on their homework assignments. Turn off the TV and have your child avoid using the telephone until homework assignments are completed. Ask other family members to participate in quiet activities while your child completes their homework.
- **Have appropriate supplies and resources available.** Supplies such as pencils, paper, a dictionary, and a calculator may be necessary for children to complete homework. Also, check your local library for books, information resources, and computer Web sites that may be helpful for completing homework assignments.
- **Make sure your child has a healthy snack before doing their homework.** According to the American Dietetic Association, children who eat balanced snacks pay attention longer in class, make fewer mistakes on tests and generally have fewer behavioral problems. A small snack will be an energy boost to help your child stay focused and be efficient in their studies.
- **Be a role model for your children.** Children will copy their parents' tendencies, so it is important to read with your children, have them read to you, or read while they are studying as a way of showing support. Another idea – while your child is working on their homework let your children see you completing tasks such as paying the bills, or other work assignments.
- **Talk to your children about their classes.** Know what classes your child is taking, what their regular homework assignments are in each class and learn which assignments they like and which they struggle with. Also, most schools have internet access to teachers and homework resources. Make sure that you are familiar with these tools and use them to keep in touch with your child's teachers.

- Open communication will help your child feel comfortable asking for help when homework becomes difficult.
 - Knowing about assignments allows you to make sure your child is scheduling enough time to prepare them and avoid last minute stress.
- **Reward success with praise.** Displaying good grades or significant improvement can boost your child's confidence. An A+ on the refrigerator will be a reminder to your child that when they apply the effort they can achieve great success. Share your accomplishments with other important people in your child's life so that they can also reinforce and recognize success

Submitted by Janeal Roberts, Vice President of Education for School Partnerships

About Janeal Roberts

Janeal Roberts is the Vice President of Education for School Partnerships, where she manages the Education Department that is responsible for the development and implementation of all curriculum, equipment, teachers' training, quality assurance initiatives, research, and reporting. She is a 28-year veteran of Knowledge Learning Corporation and has served in a variety of roles including classroom Kindergarten teacher, Master teacher, Center Director at multiple locations, Curriculum Specialist, and School-Age Education Specialist. Roberts has a bachelor's degree in Education from Harding University and a master's degree in Management Science from Regis University. She is actively involved at local and state levels as a member, trainer, and endorser for both the National Association for the Education of Young Children and the National After-school Alliance. Roberts is based out of the School Partnerships home office in Littleton, Colorado.

About School Partnerships

School Partnerships is the nation's leading provider of extended learning, enrichment and targeted academic intervention solutions that address specific school and community needs. Its customized education programs include Champions, before and after school programs, Champions Online Tutoring, and Science Adventures, hands-on science camps and after school clubs for school-age children. Together, these initiatives are offered at more than 650 sites in 20 states, serving nearly 55,000 students annually. School Partnerships is owned and operated by Knowledge Learning Corporation, the nation's largest early childhood and school-age education and care provider. School Partnerships' main office is located in Littleton, Colorado.