



Helpful Tips for Parents

Homework is Habit Forming

Because children acquire the habit of studying at home from their families, the following tips may be helpful to you:

Help your child establish a regular time for studying at home.

Homework is only part of study time. Help your child get in the habit of studying at home, even when homework is done. Help your child plan a weekly schedule that includes study time.

Set a minimum amount of study time.

Ten minutes per grade level, per day, five days a week is a reasonable expectation. For example, a fourth grader would spend no less than 40 minutes per day studying, and an eighth grader would study no less than 80 minutes per day.

When homework is done, students can use the remaining study time.

Homework assignments are only a part of study. After completing assignments, the rest of study time can include review, reading material related to what is being studied, working extra problems, or organizing notes.

Breaks are important.

A short break every 20 minutes keeps the brain alert. While study time should be quiet time, it is not nap time. Help make your child's study time more effective. Encourage him/her to sit up and take a short break every 20 minutes. Provide adequate lighting in the study place.

Talk with your child about his/her study habits.

The habit of studying at home is taught by parents, not by teachers. Families teach their children many good habits. Studying at home can be one of them. Once established, the study habit will stay with a child through school and beyond. As an adult he or she will continue to find time at home to read and learn.

Monitor your child's study time.

Let your child know you are interested. Check on his/her progress. Provide encouragement and support.