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| pencil and paper icon | Homework Tips Checklist for Parents  Use this checklist to help your children do their homework easily and stress free. |

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| Set up the environment | |
|  | Designate a study area – quiet, well-lit and private. Not too hot or too cold. |
|  | Limit chances of distractions and interruptions. |
|  | Play suitable study-music softly in the background or let your child listen to it on device with headphones. |
|  | Burn incense or aromatic candles – rosemary for focus and memory, lavender for peace. |
|  | Provide adequate supplies, such as pens, dictionary, and paper. |
|  | Provide water or non-sugary drinks and healthy snacks – studying is hard work! |

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| Manage homework time | |
|  | Establish a routine to help establish good study habits. |
|  | Devise and discuss rules for homework time with your children. Print this list, post it in the homework area, and refer to it when appropriate. Rules can include:   * Homework time every day: 7:00pm – 8:30pm * Work quietly and do your best. * Say no to distractions. * Take a 5-minute break every 25 minutes. Stand up, breathe deeply, stretch, rest your eyes, and take a sip of water. * Spend more time on difficult homework than easy homework. * Complete each assignment in full. * Ask for help if the homework is too hard. * Read a book or listen to an audio book if you finish before the homework end time. |
|  | Stay close to monitor and be available to help with homework. |
|  | Help create an atmosphere of study – do paperwork, study, or read during homework time. |

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| Guidance and good practice | |
|  | Don’t do your kids’ homework for them. |
|  | If they ask for help, give guidance and stay patient. |
|  | Ask for feedback after each homework session. |
|  | Discuss and praise good work. Look out for and mention special efforts. |
|  | Show interest in what they are doing. |
|  | Share and discuss books, articles, TV programs, or TED talks relevant to their schoolwork. |
|  | Read the teacher’s comments and notes on their assignments. |
|  | Stay in touch with the teachers and find out what the children’s study goals are. |
|  | Contact the teacher if problems arise that you are unable to solve. |
|  | Make sure the teacher knows of any crisis or big change at home, such as a divorce, illness, death, or an accident. |
|  | Research and acquire study programs devised to help your children, if necessary. |
|  | Consider appointing a mentor if the schoolwork is too difficult for you to manage. |