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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.
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| [ ]  | 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.  |