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# Long Hill Ledger

*The purpose of this newsletter is to provide parents with helpful parenting tips and useful resources.*



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## Improving Your Child's Homework and Study Skills

If you have ever sat down with your child at the end of a long school and work day to study or do homework together, then you know it can sometimes be a stressful time for both you and your child. Here are some ideas that will help alleviate some of that stress and get you and your child organized!

### Set up a work station for your child.

It is important to have a work area set aside, whether large or small, for your child to keep all of his or her supplies for homework. Make sure this space has few distractions and good lighting, as well as the important items your child needs to complete their work (i.e. pencil, paper, access to a computer perhaps). It may be fun to set this space up together with your child, allowing them to give it their own creative touch!

### The Importance of Checklists

As an adult, I am sure you love the feeling of crossing something off your to do list! You can help your child learn how good it feels as well as by teach him how to keep track of their homework. Provide your child with an agenda book (age appropriate of course) to list his assignments for the day. As he completes each one, encourage him to cross it off, and provide lots of verbal praise and high fives for task completion!

### Create a Homework Schedule

Creating a schedule can help your child set a specific time for studying or homework. Within this schedule, it is important to build in some breaks. Find a time in the day that works best for you and your child. Make sure it is time when he or she is more alert and can concentrate. For long term assignments, consider utilizing a large wall calendar to write down due dates and tests. Highlight important dates so your child will have a visual reminder of what is coming up. For long term assignments, consider setting up days to work on it in small chunks. This way it is not left until last minute!

### Homework Timers

Homework timers are a great way to help keep an easily distracted child on track. Having a clear start and end point can also alleviate some anxiety. Be sure to choose a timer that is best for your child. For example, if he's distracted by sounds, a ticking kitchen timer may not be the ideal choice. Instead, try an hourglass timer or one that vibrates. Utilizing a smart phone, tablet, or a web based timer are also good options to consider.

### Color Coding

Color coding helps keep your child organized. Colored dot stickers, highlighters, folders, and notebooks are great tools to consider. Choose a color for each subject area; mark due dates with a certain sticker or highlighter color; or use a certain color folder for just homework assignments.

## Improving Your Child's Homework and Study Skills (continued...)

### Mix it Up A little

For some kids, studying is tough because they need to learn material in different ways. If your child is having a hard time with a writing assignment, help him talk it through or act it out first. Use vocabulary words in everyday conversation—even if you have to be silly about it. Use household items to solve math problems or make up a song together to help remember important information for an upcoming test. Keep it fun!

### Check In and Check Up

Lastly, remember to check in with your child to see if they need help. Of course, you cannot do their work for them, but being a great support is so important. Checking over your child's homework is a good idea too to ensure they understood the task.

*Resource: (Www.understood.org)*



## When to ask for Academic Help

Almost every student has at least one school subject they find difficult. Children should be encouraged to reach out to their teachers as soon as they feel they are having trouble understanding a subject. The sooner children get the extra help they may need, the better the chances they will understand the subject quicker. Also, teaching children to advocate for themselves is a lifelong skill. Here are some tips to give your child if he or she is having difficulty in a subject:

- Ask the teacher if there is someone available to tutor you in the subject.
- Ask the teacher if there are other reading materials, worksheets or websites that could help you learn the subject better.
- Ask other students if they want to study together. You can all take turns “teaching” each other because teaching is a great way to learn!
- Raise your hand and ask questions during class. Don't feel afraid to ask questions because chances are, there are other students who want to ask the same question!



## Helpful Resources

***Teach your child how to study more effectively for homework, tests, and exams*** by Erin Martin, article from [www.schoolfamily.com](http://www.schoolfamily.com)  
<https://www.schoolfamily.com/school-family-articles/article/859-teach-your-kids-how-study>

***E-Book: Executive Function 101*** by The Understood Team, [www.understood.org](http://www.understood.org).  
Downloadable E-book at this web address:  
<https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/executive-functioning-issues/ebook-executive-function-101>

**Learning at home** article from [www.understood.org](http://www.understood.org):  
<https://www.understood.org/en/school-learning/learning-at-home>

**Questions & Tutoring options** to consider: <https://www.understood.org/en/school-learning/tutors>

Referral information for in-district educators providing tutoring services can be found by contacting your school's main office.

