



Helpful Tips to Improve Your Child's Concentration on Homework

Does your child have difficulty concentrating and staying focused to complete assignments at home? It is important that your child works on school work in an area with limited distractions and interruptions.

Here are a few tips to help your child learn the skill of concentration:

1. When your child is working on the computer,



turn off the email and game access to prevent distractions while completing school assignments.

2. During your set homework time,

turn off the TV and phone to avoid interruptions.

3. Select a space for homework that allows for room to spread out materials and is well lit for less eye strain.

4. If you have younger children in the home, try to separate the children from the school age child who needs quiet time to complete the assignments.

5. Depending on your child's age, homework done in 30 minute segments will be more productive than trying to complete all assignments in a longer extended time frame. Include 'walk around' breaks for the more complicated assignments. Children in Kindergarten, first and second grade can take a break after 15 to 20 minute sessions. Homework that takes longer than an hour for elementary school age

children is either too difficult for the child or should be completed over two night sessions.

Talk with your child's teacher if your child is struggling to complete homework that is too long or too hard. The teacher will offer suggestions or help you to work out a plan of action so that the homework is not a burdensome task for your child. Homework is designed to give your child extra needed practice and should never be a new skill that the child has not learn how to complete in school.

