

# The Tried and Tested Homework System That Really Works

And an added bonus for you [The ADHD Homework System We Swear By](#) by Additudemag.com

Homework stress is real — and exhausting for parents and students alike. Spare your family the drama and fights by following this homework system.

All of the little details — from writing down assignments to remembering due dates — require intense focus and memory. With these routines, teachers and parents can replace after-school tantrums with higher grades.

Students have to copy assignments, bring home the right books, and keep track of due dates — all difficult tasks for children with poor focus, attention, or memory.

But can you give your child some homework help?

Yes, by creating consistent routines at home and school. While it may take a few months for the new routines to become habits, the payoff will come in better work skills, a sense of accomplishment, and lots of after-school smiles.

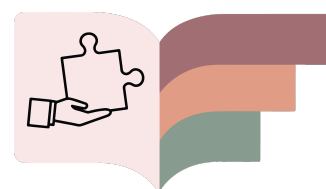
## 8 ways to get it done without the tears and tantrums:

### 1. Make sure homework comes home

If your child has trouble copying down homework assignments, tell his teacher. She may have ideas on how to help him remember, or may be willing to e-mail you the assignments at home. (Or better still, take a photo of the board, if smartphones or iPads are allowed.)

### 2. Have homework time

Some children need to take a break after school while others work best while still in 'school mode.' If after-school activities make a regular schedule difficult, help your child's time management by posting a weekly calendar that lists homework start and end times each day.



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### 3. Create a homework spot

Find a place where your child can work comfortably. Some background music can help kids focus, but otherwise, keep distractions to a minimum. This “spot” doesn't have to be in their room. If they can work in the diningroom or at the kitchen table, let them.

### 4. Don't let them procrastinate

Make sure your child understands the assignment and gets started. Stay nearby so you can coach and offer support but **DO NOT DO THE HOMEWORK FOR THEM.**

### 5. Schedule breaks

Concentration takes a lot of energy, especially for kids with ADHD. A five-minute break every 20 minutes helps them recharge. Even if its just to jump on the trampoline or pour a glass of juice.

### 6. How Can Parents Keep Homework Time Positive?

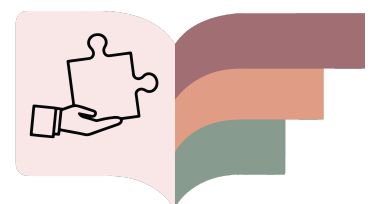
Respect your child's “saturation point” and if he's too tired, stressed or frustrated to finish his homework, let him stop. Write a note to the teacher explaining the situation, and if it happens every night talk to her about reducing the homework load. Communication is key!

### 7. Pack it up

Check to see that your child is organized for school and that finished homework is packed in the book bag — and that the bag is placed by the front door.

### 8. Praise your child's efforts

Some kids benefit from a token system: When your child finishes his homework on time, add a star to a chart. The stars can then be redeemed for special privileges or items from a wish list. Or reward with something fun to do.



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