

The Prepared Home Environment:

Cultivating a Collaborative Parent/Teen Homework Partnership

Conflict amongst parents and teens over homework is an unfortunate daily occurrence in many homes. While this is not always avoidable, here are some strategies that can make homework time a more positive and productive experience for you and your teen.

Recommendations -

1) **Distraction-Free Designated Public Workspace**

- Adolescents should always work in a public space (not the bedroom) in order to take advantage of natural cueing from family members and easy, consistent distraction monitoring.
- Uncluttered area/desk
- Good lighting

2) **Map Out the Week's Schedule in the Student's Planner**

- Include:
 - Extracurricular activities
 - Family events
 - Daily planned work time

3) **Provide Downtime After School**

- Healthy snack
- Chance to relax

4) **Set Limit on Work/Study Time in an Evening**

- Approx. 90-120 minutes max.

5) **Have Daily Conversations with Your Child**

- Keep it casual and be open-minded
- Ask open-ended questions as opposed to yes/no questions
Ex. What was your favorite part of the day? Why?

6) **Have a Weekly Progress Discussion with Your Teen**

- What worked and did not work in your time management?
- Teach problem-solving skills
- Offer encouragement
- Stress determination and effort over grades

"With a little support from parents, homework can be a positive experience for teens and foster lifelong skills they'll need to succeed in school and beyond."

– Steven Dowshen, M^{Ed}

Additional Resources –

www.adi.org/journal

http://kidshealth.org/parent/positive/learning/help_teen_homework.html

<http://now.tufts.edu/articles/should-i-help-my-teenager-homework-and-if-so-how>

"Learning to complete homework independently – or knowing when and how to ask for help when necessary – is critical in establishing an adolescent's sense of autonomy and building a strong foundation for lifelong learning habits." – Erin Seaton, Tufts Dept. of Ed.