

DEVELOPING GOOD HOMEWORK AND STUDY HABITS

- Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.
- Set aside ample time for homework.
- Establish a household rule that the TV set stays off during homework time.
- Supervise computer and internet use.
- Be available to answer questions and offer assistance, but never do a child's homework for her.
- Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.
- If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

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