

Homework Tips



For Parents

- Find a way to **communicate** directly with the child's teacher about homework.
- Use homework and notebook **organizers**. Stress the importance of writing down assignments and bringing home the necessary books.
- Provide a **quiet area** for studying.
- Make sure **distractions**, such as the TV, are not available at study time.
- Help your child or teen break assignments into **smaller parts**.
- Separate study time with **regular breaks**. Set a timer to keep this schedule.
- When homework is finished, **praise or reward** your child (and make sure the backpack is prepared for the next day!)

Possible School Accommodations

- **Reduce** homework or identify essential work first
- Assign **shorter** or even multiple choice assignments instead of extended essays or reports
- **Email** homework assignments to parents
- **Check** child's agenda to ensure tasks are written down
- **Allow** dictation onto tape recorder or laptop
- Allow students with ADHD to **remain at school** to finish homework or to complete it during the day
- Assign students with ADHD a "**study buddy**" to help them stay on track
- Promote homework as a **fun and useful** learning opportunity rather than a burden