

# HELPING YOUR ELEMENTARY STUDENT WITH HOMEWORK: 5 KEY TAKEAWAYS

## ENCOURAGE HEALTHY HABITS

Believe in them, praise their effort! Encourage them to keep trying when it is tough.

Asking about homework each day and creating a homework routine can help them plan and think through what they need to finish!

## GUIDE, DON'T DO

Encourage your child to try their hardest and help where you can. Avoid doing the work for them. If your child is getting upset, let them take a 5-minute break to reset (stretch, walk around, get a drink of water).

## TALK ABOUT LEARNING, NOT JUST GRADES

Ask questions like: what did you learn today? What part was fun or interesting? What was tricky?

Help them write down homework steps, check off when completed and ask what they liked most (or least!) about the assignment.

## ASK FOR HELP

If your child is often frustrated with homework, is falling behind, or seems anxious about schoolwork, talk to their teacher or school counselor. Many schools have: homework help programs, tutoring, reading or math specialists and family learning events.

## KEEP HOMEWORK IN PERSPECTIVE

Remember, homework should not take all night or cause major stress. It's about practice-not perfection. Your child is still learning how to feel. Focus on progress and effort and celebrate small wins!