



## Homework Routine and Incentive Strategies

*Speak to your child's teachers about ways you can assist your child during homework at **Parent-Teacher Conferences!***

### Create a homework routine

- Find a **homework location** that works best for your child and your family. Pick somewhere quiet and free of distractions where your child can easily access help from a family member.
- Set up a work environment that has a **clear workspace** and has the necessary homework **materials** available (like pencils, markers, rulers, scissors, paper, etc.)
- Establish a **consistent time** for homework. The time may vary depending on your child. Some children need a break after school while others are more likely to complete homework right after school, while in "school-mode." In general, it is best to complete homework before dinner, before your child gets too tired!
- Create a daily homework **plan**. As homework difficulty increases, it's helpful to sit down with your child and draw up a plan of how they will complete their assignments. Homework planners can assist in breaking down tasks and determining how much time will be needed for each assignment.

### Use incentives to encourage homework completion

- Use **When-Then** statements. Use simple reminders that when homework is completed there is a fun activity waiting. For example, "When you finish your homework, then you can play Minecraft."
- Use a **point system**. Create a system that allows your child to earn points that can be exchanged for privileges (like extra screen time) when homework assignments are completed. Work with your child to create a reward menu with privileges he or she may want to earn.
- Take **breaks** when needed. Create a homework schedule with built-in breaks. Breaks can be scheduled for specific intervals of time (like every 10 minutes) or after the completion of an assignment or activity. State what can be done during the break (like get a snack) and how long your child has for the break (e.g., 3-minutes).
- Provide a **choice** if your child is resistant to homework. Letting your child select the order of assignments will give him or her a sense of control.

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. Learn more at [childmind.org](http://childmind.org).