



HOPE Newsletter- Issue 113

Strategies for Helping Your Children with Schoolwork

Written by Emily Graham of Mighty Moms

Of course you want your kids to do well in school. However, sometimes it's hard to know what your role should be to promote academic growth. How do you help without pushing too hard? Try these strategies, which include setting up a homework station and rewarding your children's efforts with outdoor play and education-based electronics, to help them succeed with their schoolwork.

Engage in a routine.

Let's face it, most of us perform at our best in some sort of routine. Without structure, it's too easy to lose track of time, miss deadlines, and drop details. We can even lose interest in our work, causing our performance to suffer. Your children are no different.; a daily routine is one of the best ways to encourage your child's academic performance. A [routine](#) promotes discipline, focus, and a take-charge attitude.

Set up a workspace.

Talk with your children and contemplate how each child works best. For instance, some children need a quiet area free of distractions, others stay on task when a parent is close by, and sometimes kids need input on assignments from an older sibling or parent. Agree on a work area together, but be open to making alterations after a few weeks if things don't go as expected. [Set up the area](#) with everything your youngster needs to do assignments. This includes standard school supplies like a calculator, lined paper, graph paper, rulers, glue, pencils and pens. A tote can help organize the items and keeps supplies portable.

Establish a homework time.

According to [some experts](#), there are three times when it's appropriate for children to do their schoolwork. Those times are immediately after school, before supper and after supper. Some children need to unwind right after school, while others will be too tired or unfocused if they wait until later. Talk with your child about energy levels and what feels right, and decide on a [plan](#) together. Once you establish a schedule, stick to it. When special events prevent your normal routine, alter as needed, but get back on track as soon as possible.

Increase potential.

Beyond the schedule and study area, engaging your children in other good habits can be a boon to academic potential. [Focus on the Family](#) suggests that pleasure reading is a significant player in helping children be successful in school. You can look for books about healthy heroes. Inspiring stories about real people in history who made a difference can help children learn about courage and moral character. And find specific subjects that each child enjoys. If your youngster loves baseball, choose biographies about favorite players or novels based on the sport. If horses excite your kid, select equine adventures or stories about famous race winners.

Reward efforts outside or with education-based tech.

Everyone enjoys being acknowledged for their efforts. Your kids will appreciate it if you reward their accomplishments, and you can do this in a constructive manner. For instance, you can reward your child with time spent outdoors. These days, kids spend so little time outside that The Guardian notes that researchers have coined a term for it: "[nature deficit disorder](#)." Insufficient time spent outside playing is linked with a number of unhealthy issues in many of today's children, such as obesity, reduced problem-solving abilities, inability to focus, and less self-discipline. Kids can be prone to increased aggression and are less happy when they spend less time playing outdoors.

It makes sense to use outdoor family activities as healthy rewards for children. Spend time together birdwatching, camping, or going on a treasure hunt. You can even incorporate lessons into backyard fun. Look for fossils, build and paint a birdhouse together, or do some stargazing.

If it's a rainy day, let your kids have some fun with electronics. If you're in the market for a new smartphone, keep in mind that some, like the Samsung Galaxy S10, allow your children to access tons of learning apps that are educational *and* fun to play. Whether they need a refresher course in math or want to learn a new language, there's an app to boost your kids' academic performance even during playtime. What's more, the Samsung Galaxy S10 screen is [comprised of Gorilla Glass](#), meaning that it can less-than-delicate fingers and hands, as well as a few drops and bumps during play.

You can help your children bloom through simple approaches to schoolwork. Set a routine and designate a space for assignments. Find books your kids enjoy, and ensure your children spend time outside or on an app learning and playing. You can set your children up for success with these strategies.

This article was written by Emily Graham of Mighty Moms. Emily contacted HOPE for Nutley and found our newsletters helpful and was inspired to write a newsletter for HOPE from her associated website Might Moms. Might Moms is a 501c3 organization which organizes programs for children in the community, focusing on providing food and hygiene for children in need throughout the year.

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