

Positive Parenting: Taking the Pain Out Of Homework



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Sometimes the best way to help your child with homework is to understand your own feelings about it. When considering your child's approach, think about your attitude toward homework. Do you view homework as another chore on your to-do list? Do you cringe at the thought of helping with or remind them about their homework? Whatever [your attitude](#), it impacts how your child views homework.

If everyone in the family needs a new perspective on handling homework, it may not be a painless experience, but you will be in a better place if you implement the following painless homework strategies.

Set a Routine

Give your child a say in their [homework routine](#) and plan one out that they can adhere to. Just be sure to set expectations first. They may be a child who arrives home and is ready to tackle homework right away, or they could be a kid who needs to decompress first. Don't be surprised if your child needs some downtime. A snack and time to unwind a bit could help them take a better approach to homework.

Of course, extracurricular activities can throw off a routine depending on the day. When you plot out a regular routine, make sure those are accounted for in the homework schedule. A weekly routine may be a better option than a daily one.

Write down the agreed-upon routine and ask your child to put the schedule somewhere they can always find it. Remember, every child is different, so you may have [multiple routines](#) to incorporate into an overall family schedule.

Take a Break

[Homework meltdowns](#) are sure to happen. Even you as a parent may experience a meltdown or two of your own. When meltdowns happen, it's time to take a break, though how long will depend on the severity of the meltdown; 10 minutes is an excellent place to start.

Crying is nature's way of saying I've had enough. When your child bursts into tears, a hug may be enough to settle him down. Once your child is settled, ask them where they are having difficulty. Explaining the problem may be enough to get your child back on track. If your child needs to [vent](#), let them. Don't try to fix the problem; just let him know you understand.

If you find yourself growing angry or frustrated, it's time for you to take a break too. Let your child know you need your own break and why and then remove yourself from the situation until you can provide the support your child needs. Set a timer so neither of you loses focus.

Teach Responsibility

[Homework is about responsibility](#). Your child -- not you -- is responsible for completing their assignments, and it's best if they do so without your help. Online help is available for a myriad of subjects at all grade levels. There are [apps](#), tutorials, and videos designed to help students understand the material without parental help. If your child is more of a [visual learner](#), look for help that shows rather than tells how to solve a problem. For younger children, apps can help them learn a concept by doing.

When it comes to tools to help your child, don't underestimate the power of a tablet. Many of the latest models can be excellent devices that help with homework, often in place of a computer. If you think a tablet could help your child, the latest iPad 10.2 is a great example. This model has a [larger display](#), a longer battery life, and an attached keyboard, making it accessible to touch-screen and keyboard users. If an iPad isn't the ideal choice, there are plenty of tablet alternatives to choose from, such as the Samsung Galaxy Tab S6, which also has a larger display, a speedy processor and a [smaller price tag](#). Whatever tablet you decide, [look for a model](#) that will provide homework help your child really needs.

Reward

Don't forget to reward your child for completing their homework. Whether it's time outside, the chance to sit down and watch their favorite program or an outing as a reward for a cumulative effort, these sorts of carrots can be [helpful motivators](#) when your child needs a boost.

Homework time can be a headache for everyone involved ... if you let it. Be proactive and look for ways to make homework time more manageable and easier for you and your child. While it might not always be fun, the right approach and attitude can make the process smoother for everyone.