

Help Your Child Focus on Homework Assignments

Some children have more trouble concentrating than others. It's hard for them to sit still for long and focus. They get distracted. They stray off task.

This makes it very difficult for them to do homework. They might need more help with homework than other kids.

Doing these things can help:

- Provide a quiet space to do homework. Limit TV, telephone and other distractions.
- Break up the homework period. Have your child work for 10 or 15 minutes, then play.
- Help your child break large tasks into smaller ones. Figure out what's manageable.
- Make daily "To Do" lists. Have your child check off each task as he does it.
- Help your child get organized. Keep school supplies in one place. Provide assignment sheets or a calendar for writing down assignments.
- Set a specific time for doing homework. Shortly after school, or after dinner, before watching TV, 4 o'clock, etc.
- Establish a routine for how your child does homework. For instance, have your child do the hardest task first, or study before doing written work. See what works best.
- Set a timer to help your child keep track of time.
- Tell the teacher if your child can't do assignments.

Source: Don H. Fontenelle, Are You Listening? Attention Deficit Disorders, (Front Row Experience, 540 Discovery Bay Blvd., Byron, CA 94514, 1-800-524-9091), ISBN: 158741001X, paperback, 260 pp., \$20.95

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