



"Specialist Care for Every Child"

Child and Adolescent Clinic

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Attention Deficit Hyperactivity Disorder Homework Tips for Parents

- **Establish a homework routine and schedule** and stick to it! Set a specific time and place. Don't let your child to wait until the evening to get started.
- **Limit distractions** in the home during homework hours, such as reduce unnecessary noise, activity, and phone calls; turn off the TV and computer games.
- **Help your child divide assignments into smaller parts** or that are more manageable and less overwhelming.
- **Help your child get started on assignments.** Read the directions together, do the first items together, watch as your child does the next problem/item on his or her own. Then get up and leave.
- **Monitor and give feedback without doing all the work together.** You want your child to attempt as much as possible by him/herself.
- **Praise and compliment your child!** When he/she puts in good effort and completes tasks, give praise. In a supportive, noncritical way, point out errors and make some corrections on the homework.
- **It is not your responsibility to correct all of your child's errors on homework** or make him or her complete and turn in a perfect paper. Relax!
- **Remind your child to do homework and offer incentives**, such as "When you finish your homework, you can..."
- **Contract for a larger incentive.** This can motivate your child to persist and follow through with homework. ("If you have no missing or late homework assignments this next week, you will earn...")
- **Keep the teacher in the loop!** If your child is often frustrated in the evening, tell the teacher. The teacher needs to be aware of the amount of time it takes your child to finish tasks and what efforts you are making to help at home.
- **Help your child study for tests.** Study together. Quiz your child in a variety of formats.
- **If your child struggles with reading, read it together!** Create a supportive atmosphere.
- **Don't do homework all night!** Only work on homework for a reasonable and SET amount of time, then stop. Don't force your child to spend a lot of time on homework. If you feel your child worked enough for one night, send a note to the teacher, attached to the homework.
- **Make sure completed work leaves the house and goes to school with your child.** Papers seem to mysteriously vanish off the face of the earth! It is very common for students with ADHD to fail to turn in their finished work. It is very frustrating to know your child struggled to do the work, but then never gets credit for having done it. You may want to arrange with the teacher a system for collecting the work immediately on arrival at school.
- **Consider hiring a tutor!** Many parents find it very difficult to help their own child with schoolwork. Find someone who can. Often a junior or senior high school student is ideal, depending on the needs and age of your child.
- **Make sure your child has the phone number of a study buddy** – at least one responsible classmate to call for clarification of homework assignments.
- **Long-range homework assignments** - Parents, it is a big struggle to keep on top of those dreaded long-range homework assignments (reports, projects). This is something you will need to be vigilant about. Ask for a copy of the project requirements. Post the list at home and go over it together with your child. Write the due date on a master calendar. Then plan how to break down the project into manageable parts, scheduling steps along the way. Get started **at once** with the prep work of going to the library, gathering resources, and reading the materials. *You'll be glad you did!*