

# Homework Help

## Supporting your child's education

Parents and families play an important role in the homework process. Together, families can help children develop good study habits and attitudes that lead to becoming lifelong learners. Your job is not to do the work for them, but to provide support, encouragement and ask questions that help them arrive at the answers themselves.

### Why do teachers give homework?

Teachers use homework:

- To help students understand and review the work that has been covered in class
- To see whether students understand the lesson
- To help students learn how to find and use more information on a subject
- To teach responsibility and routine.



### Ways of supporting your child's efforts in homework

- Balance other demands on your child's time – school activities, sports, chores – with expected time for homework.
- Recognize your child's learning style. Some students function better with frequent breaks, some in an active environment, some in absolute quiet. Discuss these issues with your child, possibly experimenting to find the right timing and setting for completing homework.

- Encourage your child's resourcefulness and problem-solving skills. For example, if an assignment has been forgotten, ask questions such as "Is it posted online somewhere?" "Who could you call from your class to get it?" or "Have you searched your whole backpack?"
- Set up a family routine of healthy eating and sleep habits.
- Participate in back-to-school night, parent-teacher conferences, and open house; and read all communications coming from school.

### How much time should my child spend on homework each night?

Most educators agree:

- For children in grades K-2, homework is more effective when it does not exceed 20 minutes each school day
- Older children, in grades 3-6, can handle 30-60 minutes a day
- For kids in middle and high school, two hours of homework may be assigned
- However, homework time and strategies can vary from teacher to teacher and school to school.

### Some things to ask about homework

- Your child's teacher can tell you, usually at back-to-school night, how much time he or she expects students to spend on homework.
- Your child's teacher may have a website or other resource that posts homework assignments.
- Your child's school may have an online grading system, which allows parents to check their child's grades, attendance and homework status on a daily basis. This allows you to keep on top of any issues before they become problems.
- It is important to know how to handle homework if your child needs to be absent. Make sure you and your child know and understand this policy for each class.

For more information, go to:

[www.capta.org/homework](http://www.capta.org/homework)

Or search "homework" at [www.PTA.org](http://www.PTA.org)