

Calmer, Easier, Happier Parenting

Homework Without Hassle

How to help your child succeed at school, creating self-reliance, confidence and competence

Your children's
education
is far too important
to leave up to
your school alone.

Who is Noël?

Creator of Calmer, Easier, Happier Parenting

Director of The New Learning Centre
(London, England), Teacher, Trainer,
Consultant, Lecturer, Learning and
Behavior Specialist, Author, Mother,
Grandmother and Foster Parent

- Questions
- Cell phones
- Presentation handout
- Feedback form
- Mailing list (tour dates/topics & newsletter)
- Returning participant?

**How would you like the
homework experience
to be different?**

Our main job as parents

To transmit to our children, the values, skills and habits that we believe are important

The purposes of homework

Homework Rules for Parents

United Front → consistency

Healthy snacks only

Sacred HW time 6 days a
week

However long school says
that HW should take, don't
let your child spend longer
than that

HW to be done in public place⁸

Homework Rules cont.

HW before screen, phone, fun

Start early enough that HW is finished while your child is still fresh

Don't think for your child

Don't let your child leave the hardest until last

HOMework

= Learning how to learn

Stages:

1. **Talk-through**
2. **Writing** with no help
only Descriptive Praise &
Reflective Listening
3. **Improving** (proof read, edit, expand)

Stage 1: Talk-Through

The parent asks detailed questions about the day's homework, and the child answers.

The talk-through is finished only when the parent is satisfied that the child knows exactly how to do his best on the task and is ready to do his best.

Examples of talk-through questions

- How many pages does this essay have to be?
- What will you do if you can't spell a word?
- Do you have to write full sentences?
- Where do you put the carry number?
- What will you do if you get frustrated?

Stage 2: Child works with no help

Descriptive Praise:

**The most powerful motivator
and training tool**

What to use descriptive praise for:

- Minor improvements in academics
- Absence of negative
- Work habits and qualities, e.g., attention to detail, following instructions, courage, perseverance

Descriptive Praise Examples

Following instructions, rules and routines

- You did what I told you to do right away.
- You followed my instructions without any arguing. That shows me you're cooperating.
- You told yourself what to do and then you did it. That's self-reliance.
- You remembered to follow the rule.
- You did the right thing.

Descriptive Praise Examples

Homework habits

- You've written four sentences that need quotation marks, and you've remembered the rule for three of those sentences.
- That word has all the right letters. You just need to put them in a different order.
- That answer gives all the information the teacher will need.

Descriptive Praise Examples

Homework habits cont.

- You're working quietly.
- You're annoyed but you're not being disrespectful. Thank you.
- You didn't say "I don't know". You took a guess.
- You caught your own mistake. That's real attention to detail.
- I know you don't like writing, but you're not complaining.

Stage 2: Child works with no help

Reflective Listening

Benefits

- Shows that parents care and that feelings matter
- Usually defuses the child's upset feelings
- Shows that it is possible to talk about uncomfortable or complicated feelings and gives them a vocabulary for articulating how they feel.

How to Reflectively Listen

- Set aside your own upset temporarily.
- Don't interrupt, argue, reason, justify or explain because a child or teenager who is upset will probably not be listening or thinking rationally.
- Listen quietly and attentively and show you're listening.
- Imagine how your child is feeling and give the feeling a name.
- Give your child his wishes in fantasy.

Reflective Listening Examples

- “You’re worried that you’ll make a mistake.”
- “You’re showing me how upset you are without any name-calling.”
- “Wouldn’t it be fun if you could listen to your iPod as much as you wanted and never had to study?”
- “You’re not happy with the new rules. You liked it better when you could play Wii before you did your homework.”

Reflective Listening

Examples cont.

- “Wouldn’t you love a magic wand that you could wave over your homework and it could correct all the spelling mistakes!”
- “It’s discouraging when the verb endings are so irregular.”
- “I can see you’re upset. You really thought you would get a B on that exam.

When to reflectively listen

- Whenever your child or teenager seems to be experiencing an uncomfortable emotion or situation
- Whenever you are tempted to:
 - Lecture
 - Reason
 - Point out what's wrong
 - Repeat, remind
 - Yell

Stage 3: Improving

(proof-read, edit & expand)

- Parent & child each find 2 or more things to Descriptively Praise.
- Parent and child each find only 2 things to improve, and child then improves those 4 things.
- Diagnostic response:
Explain possible reason for mistake;
then together explore a new strategy.

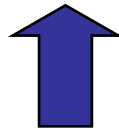
MICRO-SKILLS PRACTICE

15 minutes, 6 days a week

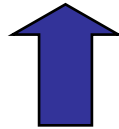
Examples:

- Speaking in complete sentences
- Eye contact
- Reading aloud, with expression
- Addition and subtraction facts, without fingers
- Handwriting
- Copying accurately
- Multiplication facts
- Spelling
- Subject vocabulary
- Foreign language into English and v.v.
- Dictionary skills
- Paraphrasing, defining, describing, summarizing
- Etc,etc, etc ...

SELF-ESTEEM



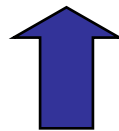
Achieving Potential



HOMEWORK
READING
STUDYING



Motivation + Cooperation



PREPARING FOR SUCCESS

DP

RL

R+R

R+C

How to get support

- **Seminars remaining this tour**

- **Siblings with Less Rivalry**

- Sunday, October 12, 2008

- 2 – 5 pm at Kid's Klub Pasadena

- register at www.calmerparenting.com*

- **Consultations and in-home visits**

- **Support products available at**

- www.calmerparenting.com**

- Books

- CDs explaining & reinforcing parenting techniques

- DVDs applying skills to specific topics

Progress,
not
perfection

Contact information

Calmer, Easier, Happier Parenting USA

PO Box 60842

Pasadena, CA 91106

866-897-2451

Info@calmerparenting.com

www.calmerparenting.com

The New Learning Centre

London, England

admin@tnlc.info

www.tnlc.info