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DEALING WITH HOMEWORK FRUSTRATION TIP SHEET

1. TOPIC, CHALLENGE OR QUESTION TO BE ADDRESSED

- **How can fathers address difficulties in helping their children do their homework?**

2. KEY WORDS/GLOSSARY (with definitions)

- **Homework Plan** – Strategy to help students develop study skills, foster independence and responsibility, increase students understanding of content, teaches time management skills and builds positive academic self-image.

3. RELEVANT FACT/RESEARCH/STATISTICS (within current year)

3. As the debate over the need for homework continues, a new study found that it's the biggest cause of teen stress, leading to sleepless nights and poor academic performance.
4. According to a new study, [conducted by the Better Sleep Council](#), that homework stress is the biggest source of frustration for teens, with 74 percent of those surveyed ranking it the highest, above self-esteem (51 percent) parental expectations (45 percent) and bullying (15 percent).
5. Homework is [taking up a large chunk of their time](#), too — around 15-plus hours a week, with about one-third of teens reporting that it's closer to 20-plus hours.
6. The stress and excessive homework [adds up to lost sleep](#), the BSC says. According to the survey, 57 percent of teenagers said that they don't get enough sleep, with 67 reporting that they get just five to seven hours a night — a far cry from the recommended eight to ten hours. The BSC says that their research shows that when teens feel more stressed, their sleep suffers. They go to sleep later, wake up earlier and have more trouble falling and staying asleep than less-stressed teens.
7. Instead of waging a daily battle of wills with your kids over multiplication tables and verb conjugations, parents should try tailoring their homework approach to their child's temperament.
8. When your child struggles with their homework, they may become frustrated or upset. In turn, this may cause them to act out, and you may wind up frustrated yourself. Fortunately, there are ways you can help your child calm down when they begin to become agitated. There are also strategies you can use to help them work through challenging assignments, and to help ensure homework sessions go more smoothly moving forward.
9. Homework, like any constructive activity, involves moments of frustration, discouragement, and anxiety. If you begin with some appreciation of your child's frustration and discouragement, you will be better able to put in place a structure that helps him learn to work through his frustration - to develop increments of frustration tolerance and self-discipline.

4. REFERENCES

- [HTTPS://PEOPLE.COM/HEALTH/HOMEWORK-BIGGEST-CAUSE-TEEN-STRESS/](https://people.com/health/homework-biggest-cause-teen-stress/)
- www.wikihow.com/Deal-with-Homework-Frustration-As-a-Parent
- <https://www.parents.com/kids/education/homework/how-to-help-kids-with-homework-without-doing-it-for-them/>
- <https://www.todaysparent.com/kids/4-ways-to-end-the-homework-battle-for-good/>
- <https://www.psychologytoday.com/us/blog/pride-and-joy/201209/battles-over-homework-advice-parents>

5. TIPS/STRATEGIES/SUGGESTIONS/RECOMMENDATIONS

HOMEWORK TIPS

- **Limit Distractions.** Create a homework zone for your students that is away from the T.V. and other places where there could be distractions such as pets, people coming and going and loud noises.
- **Provide Tools.** Make sure the materials your student may need are readily available. It's helpful to have a stash of pencils, pens, a dictionary, etc. available. Check in regularly and make sure that any special materials needed for class projects are provided so their work won't be disturbed.
- **Help Manage Time.** Establish a set time for doing homework. Don't wait until just before bedtime to do homework when students are tired and easily distracted. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with other classmates.
- **Be Positive.** The attitude you express toward homework will be the same attitude your child acquires. Make it a habit to tell your child that the work they're doing is important.
- **Do YOUR Homework Too.** Show that the skills they're learning are related to things you also do as an adult. If your student is reading, you could be reading too. If your student is practicing math, you could balance your checkbook.
- **Teach Don't Tell.** It's important that when asked for help you give guidance but not answers, that way your student learns the material and concepts. Remember that a lot can be learned from struggle and that too much help can teach your child that when the going gets rough, someone will do the work for them.
- **Cooperate.** Teachers will often ask that you play a role in your child's homework. Make sure you're being an advocate for the teacher and follow their direction so you can show that school and home are a team.
- **Foster Independence.** Some homework is really intended for students to do alone. Homework is a great way for kids to develop independence and accountability for lifelong learning skills.
- **Communicate.** Make sure you talk to your child's teacher and understand the purpose of homework and what the class rules are.
- **Build Metacognitive Skills.** Help your child decide what homework is hard and what is easy, then encourage them to work on the hard stuff first so they're most alert for challenging work.
- **Set Break Time.** Watch your child for signs of failure and frustration. Let your child take a short break if they're having trouble keeping their mind on the assignment. Build perseverance but set time limits to avoid burnout.
- **Reward Progress and Effort.** When your child has been successful and is working hard, celebrate success with a special event to reinforce positive effort.

6. RESOURCES

- <https://blog.mindresearch.org/blog/bid/396559/Homework-Without-Tears-12-Tips-Tricks>

- <https://www.empoweringparents.com/article/the-homework-battle-how-to-get-children-to-do-homework/>