

7 Things to Do Before Homework

- 1. Feed your child's tummy and brain - food is fuel!**
- 2. Allow lots of fresh air and play time first to let them unwind, but without screens.**
- 3. Have a designated place for all school things, like the same spot by the door.**
- 4. Have a designated place for doing homework with everything they need within arm's reach.**
- 5. Clear your schedule if possible so you can be available when they are doing their homework in case they need help.**
- 6. Stay calm so that if your child hits a roadblock, they can express themselves and you can address the issue together as a team.**
- 7. Make sure your child is getting enough sleep.**