

Parent Homework Helper

GUIDES, CONTRACTS, CALENDARS, AND MORE

Setting Up A Homework Contract

Here are some simple steps to setting up a homework contract for your child that will work. It is helpful to involve your child in the process. It is ultimately your decision how the homework contract will be implemented. The key to finding success is making a plan and sticking to it.

1. Discuss the importance of homework. Explain that completing homework regularly can help your child's grades, feel more involved in the classroom, and prepare them for quizzes and tests. You can also connect it to real life situations (homework, even adults).
2. Agree on a homework time and place with your child.
3. Set up expectations and guidelines for homework. Include: keeping distractions away (such as cell phones, television, etc.), reviewing the homework log, starting homework on time, and having a plan for putting work away when done.
4. Review strategies for what to do when your child is not done. Consider what privileges the child has (cell phone, internet, television, friend time, etc.) and how they can be used as rewards.
5. Agree on rewards for completing homework. Rewards should be smaller, while longer term rewards (homework for a week or two) can be bigger.
6. Agree on consequences for not completing homework. Consequences should be smaller, while longer term consequences (homework for a week or two) can be bigger.
7. Communicate with your child's teacher to make sure the homework is being handed in and has been completed well.

HOMEWORK CONTRACT (A)

Daily Homework Time: _____
Location: _____

Homework Time Expectations:

1. Put distractions away
2. Review homework log
3. Start homework on my own
4. If I am stuck, I will...
 1. Reread directions.
 2. Try again.
 3. Skip it and come back to it later.
 4. Ask a friend for help.
 5. Ask an adult.
5. When finished, I will have them ready for the next day.

Weekly Homework Log

Name: _____ Week of: _____

*Teachers please initial after homework is written down

	HOMESCHOOL ASSIGNMENTS	CHECK WHEN COMPLETED
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

End of the Day Checklist

- ☐ I checked my homework log
- ☐ My homework is written down for every subject
- ☐ I have the binders I need for homework
- ☐ I have the books I need for homework
- ☐ I understand what homework I am expected to do
- ☐ If I don't understand, I have asked a teacher or a friend

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Homework Tips

1. Set up a quiet homework place. For best results, it's helpful to set up a daily homework spot at home that is quiet and free of distractions. Options might include the kitchen table, in the office, or at the dining room table.
2. Keep your homework space organized. All materials should be easily accessible, such as pens, pencils, paper, books, calculator, and anything else that might be needed. If space is limited, you can keep these materials in a plastic bin that comes out when it is homework time.
3. Schedule a daily homework time. Depending on schedules, it might work out for homework time to be right after school, an hour before dinner, or after dinner. Choose the time with your child and stick with it.
4. Give help but not answers. If your child is stuck on homework and needs your help, have him or her read the question to you. Ask questions to lead him or her to the answer. You want to encourage independence so that he or she can eventually do homework completely on their own.
5. Use the scheduled homework time for your homework, too. This sets a good example and will help your child "get into the groove" of working. You could be writing emails for work, going through bills, reading, or prepping for dinner.
6. Identify common distractors and how to avoid them. Television, phone, and internet are huge distractions when it comes to quiet work time. Have your child avoid these during work time (unless internet is needed for homework only).
7. Know when to take a break. Every child is different, so this will vary. When you notice your child has been working too long, is fatigued, or is getting frustrated, it is time for a break. You can tell your child to finish one more problem and then take a 10 minute break.
8. Talk to the teacher(s). Share your concerns, needs, and questions in a positive way. You can work together as a team to tackle issues and make a plan.
9. Provide rewards for hard work and homework completion. Start with small daily incentives and work your way towards long-term goals and rewards. It is very important that you do NOT give the rewards and privileges to your child if she or he has not completed the homework/tasks. This may be very difficult at first, but it is the only way your child will learn to follow through with completing assignments.

Setting Up A Homework Plan

Here are some simple steps to setting up a homework plan with your child that will work. It is helpful to involve your child in the process, but it is ultimately your decision how the homework plan will work at home.

The key to finding success is making a plan and sticking with it.

1. Discuss the importance of homework. Explain and discuss how completing homework regularly can help your child increase his/her grades, feel more involved in the classroom and do better on tests and quizzes. You can also connect it to real life (i.e. everyone has homework, even adults).
2. Agree on a homework time and place with your child.
3. Set up expectations and guidelines for homework time. They should include: keeping distractions away (such as cell phone and television), reviewing the homework log, starting homework on his/her own, and a plan for putting work away when done.
4. Review strategies for what to do when your child is stuck on work. Before giving up or asking you for help immediately, he or she should try to reread the directions, look back at previous problems, or review notes.
5. Agree on rewards for completing homework. Short term rewards should be smaller, while longer term rewards (such as finishing 100% homework for a week or two) can be bigger rewards.
6. Agree on consequences for not completing homework. If homework is not done, consider what privilege the child will lose for the night (cell phone, internet, television, friend time, videogames, etc).
7. Communicate with your child's teacher to make sure the work is being handed in and has been completed well.

HOMEWORK CONTRACT (A)

Daily Homework Time: _____

Location: _____

Homework Time Expectations:

1. Put distractions away
2. Review homework log
3. Start homework on my own
4. If I am stuck, I will...
 1. Reread directions.
 2. Try again.
 3. Skip it and come back to it later.
 4. Ask a friend from class.
 5. Ask an adult.
5. When finished, I will put all materials away so I have them ready for the next school day

Signatures:

HOMework CONTRACT (B)

Daily Homework Time: _____ Location: _____

Homework Time Expectations:

1. I will put distractions away: _____

2. I will review my homework log
3. I will start homework on my own
4. If I am stuck, I will...
 1. Reread directions.
 2. Try again.
 3. Skip it and come back to it later.
 4. Ask a friend from class.
 5. Ask an adult.
5. I will set a timer. After ____ minutes, I can take a ____ minute break.
6. When I am finished, I will put all materials away so I have them ready for the next school day

Signatures:

HOMEWORK CONTRACT (C)

Daily Homework Time: _____ Location: _____

Homework Time Expectations:

1. I will put distractions away: _____
2. I will review my homework log
3. I will start homework on my own
4. If I am stuck, I will...
 1. Reread directions.
 2. Try again.
 3. Skip it and come back to it later.
 4. Ask a friend from class.
 5. Ask an adult.
5. I will set a timer. After _____ minutes, I can take a _____ minute break.
6. When I am finished, I will put all materials away so I have them ready for the next school day

Rewards:

When I follow the homework expectations and complete my homework, I will earn: _____

Consequences:

When I do not follow the homework expectations and do not complete my homework, I will lose the following privileges: _____

Signatures:

HOMEWORK CONTRACT (D)

Daily Homework Time: _____ Location: _____

My Homework Time Expectations:

1. What will you do with distractions? I will _____

2. How will you know what homework to start? I will _____

3. What will you do if you are stuck on a problem or assignment? I will _____

4. What will you do if you need a break? I will _____

5. What will you do when you are finished? I will _____

Rewards:

When I follow the homework expectations and complete my homework, I will earn: _____

Consequences:

When I do not follow the homework expectations and do not complete my homework, I will lose the following privileges: _____

Signatures:

Pre-Homework Checklist

- ☐ I have my homework written down in my planner
 - ☐ I have the books needed to do my homework
 - ☐ I have the binders needed to do my homework
- ☐ I have any other materials needed for homework (Internet, computer, writing utensils, paper, etc.)
 - ☐ I understand what homework I am expected to do
- ☐ If I don't understand, I can contact a friend from class to find out

Pre-Homework Checklist

- ☐ I have my homework written down in my planner
 - ☐ I have the books needed to do my homework
 - ☐ I have the binders needed to do my homework
- ☐ I have any other materials needed for homework (Internet, computer, writing utensils, paper, etc.)
 - ☐ I understand what homework I am expected to do
- ☐ If I don't understand, I can contact a friend from class to find out

End of the Day Checklist

- ☐ I checked my homework log
- ☐ My homework is written down for every subject
 - ☐ I have the binders I need for homework
 - ☐ I have the books I need for homework
- ☐ I understand what homework I am expected to do
- ☐ If I don't understand, I have asked a teacher or a friend

End of the Day Checklist

- ☐ I checked my homework log
- ☐ My homework is written down for every subject
 - ☐ I have the binders I need for homework
 - ☐ I have the books I need for homework
- ☐ I understand what homework I am expected to do
- ☐ If I don't understand, I have asked a teacher or a friend

End of the Day Checklist

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

End of the Day Checklist

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

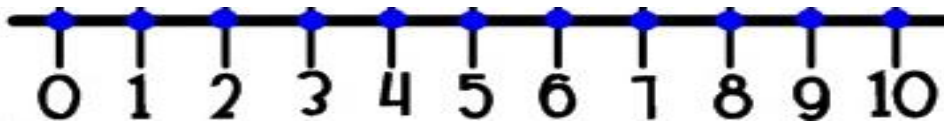
Reward Inventory

Name: _____

Date: _____

On a scale from 0-10, how much would you want to work for each of the rewards?

I don't
want at
all.



I want
a LOT!

Computer time	
Television time	
Having friends over	
Getting my favorite dinner	
Earn a book	
Shopping money	
Getting my favorite dessert	
Buy a new game	

Any other ideas?	

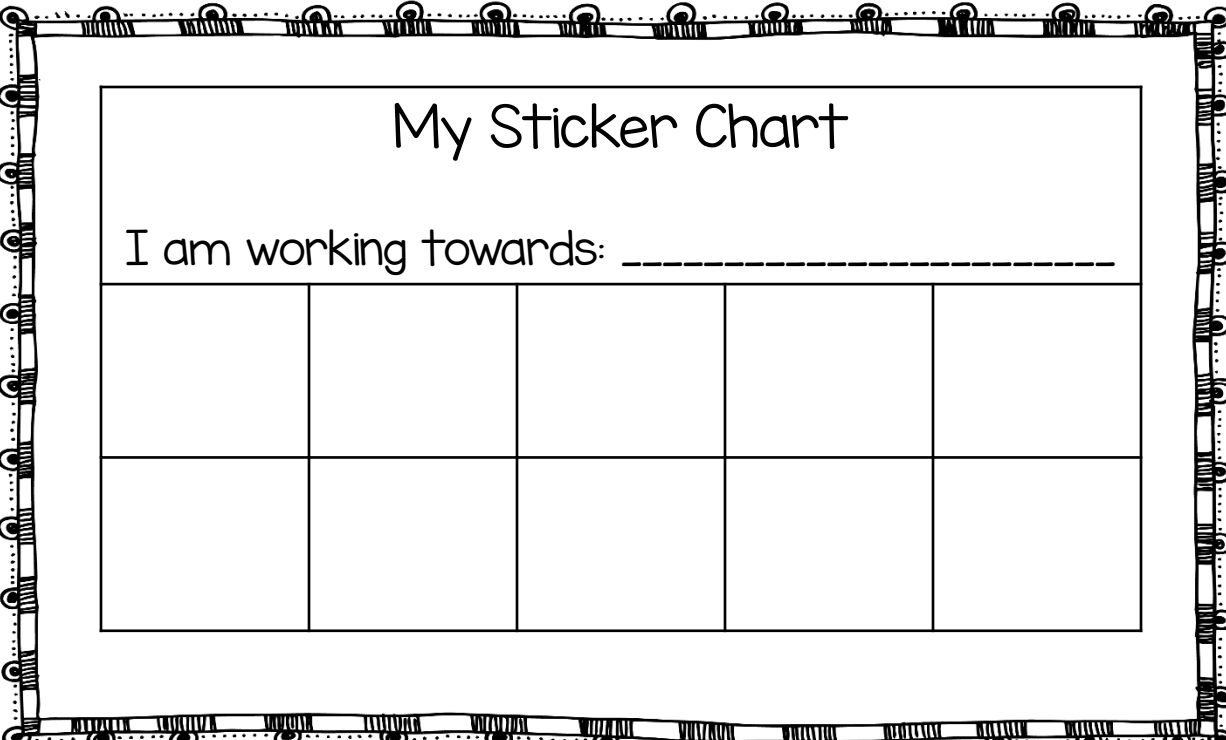
Reward Systems

Sticker Chart

A sticker chart is a way to keep track of assignments or tasks completed in a simple way while working towards a reward or goal. You or your child will place a sticker on the sticker chart when a homework assignment is completed. Over several days or weeks, your child will be completing the sticker chart to work towards a specific reward.

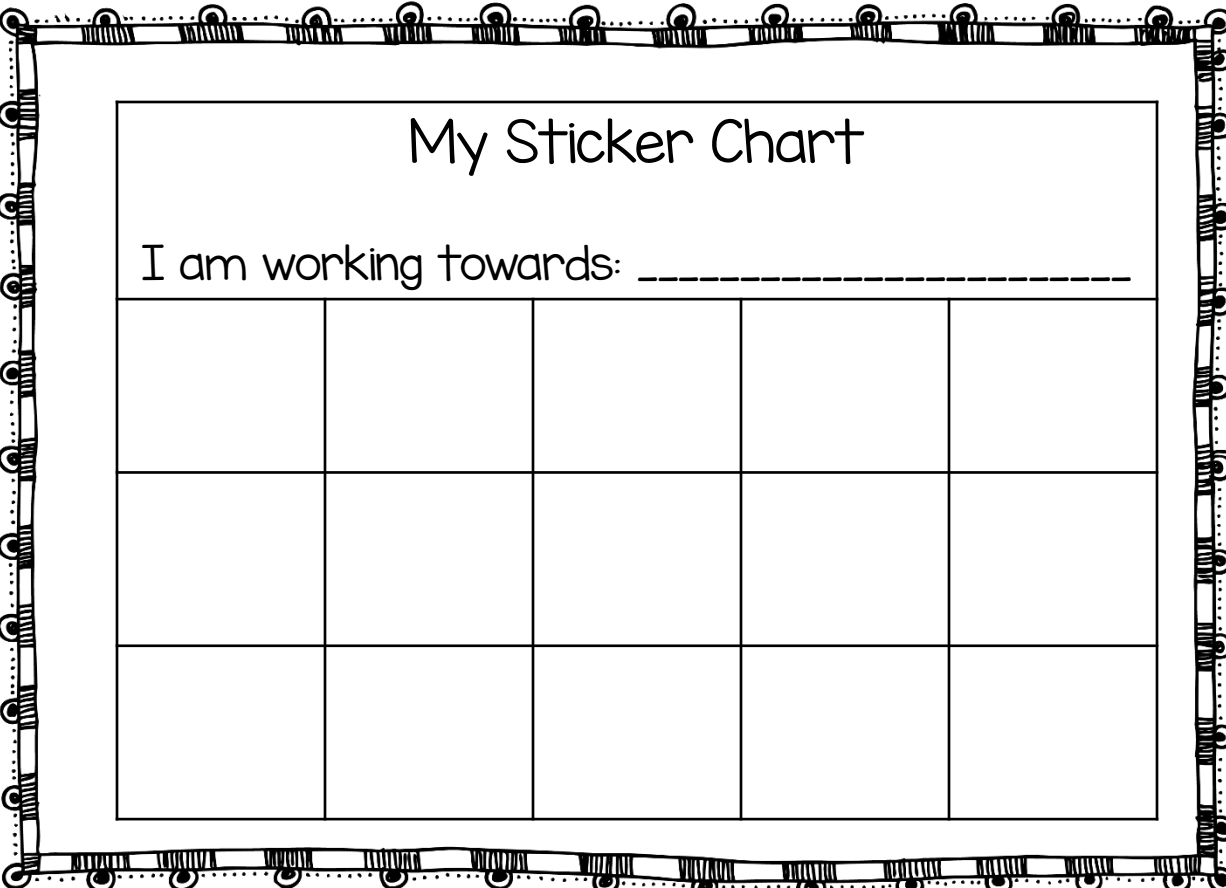
Directions

1. Use the Reward Inventory to see what activities or incentives your child would like to earn most.
2. Decide together what your child will be working for.
3. When your child completes a homework assignment, place a sticker in the sticker chart. When the sticker chart is filled, let your child choose their reward.
4. Start with a new sticker chart. Since sticker charts can vary in size, start with a smaller sticker chart and work your way up to a larger one. This will allow your child to feel successful in earning a reward quickly.



My Sticker Chart

I am working towards: _____



My Sticker Chart

I am working towards: _____

My Sticker Chart

I am working towards: _____

My Sticker Chart

I am working towards: _____

Reward Systems

Point System

A point system is a way to award "points" to a child for completing a task. For example, one homework assignment completed might count as 1 point. When your child shows you the completed assignment, he/she can mark a tally on the calendar or on a special piece of paper posted on the fridge.

Once your child has earned a certain number of points, he or she will be able to exchange the points for rewards. Rewards can be anything from a special dinner out, an ice cream, time on the computer, permission for a friend to spend the night, shopping time, or a bigger reward, such as a videogame or pair of shoes.

Rewards and point values should be discussed and made clear before the child begins working towards a prize.

Directions:

1. Use the Reward Inventory to see what activities or incentives your child would like to earn most.
2. Use the Reward Menu to determine what incentives your child will be working towards. Assign point values to each. Remember to make bigger rewards more points, but always include smaller short-term rewards, too.
3. Use the Earning Points Sheet to identify how your child will earn points. To start, you can just focus on homework. You can add other household chores, too, though.
4. When your child completes a task, have him/her tally it.
5. When he/she uses points for a reward, make sure to deduct the points.
6. Change rewards on an as-needed basis. If your child is "bored" with the current rewards, consider new ideas for rewards.

Sample Reward Menu

REWARD	COST
10 minutes computer time	2 points
Ice cream treat	5 points
20 minutes television time	2 points
Movie with a friend	15 points
Pick out a book to buy	3 points
Choice of favorite dinner	10 points
Buy new videogame	30 points

Reward Menu

REWARD	COST

Sample Earning Points

Task	Points Earned
1 Homework Assignment	1 point
30 Minutes Silent Reading	2 points
Cleaning Your Room	1 point
Setting the Table & Cleaning Up	1 points
Folding and Putting Away Laundry	1 point

Earning Points

Task	Points Earned

Reward Systems

Daily and Weekly Rewards

Daily and weekly rewards are a simple no-stress way to provide incentives for your child for completing specific tasks.

The goal with this type of reward system is that chores and tasks (such as completing homework and other household chores) will become part of a routine. Rewards should be provided to your child for completing them regularly. You will need to choose if your child should earn a daily reward, a weekly reward, or both. If your child really struggles with completing homework and chores, start with a daily reward. When all tasks on the chart are completed, let the child have a special privilege. A bigger "end of the week" reward should also be included if all tasks have been checked off.

Directions:

1. Use the Reward Inventory to determine what rewards your child most wants to earn. Decide on a weekly or daily reward, depending on your child's needs.
2. Identify up to three daily tasks or chores you would like your child to accomplish. Some examples include homework, cleaning the room, making the bed, putting dishes away, setting the table, putting clothes in the hamper, etc. You can choose what chores and tasks more important to you and your family.
3. Post the Weekly Reward Chart on the child's bedroom door, by the calendar, or on the fridge.
4. Each time your child completes a task, have him/her check it off for that day.
5. Allow your child to earn the daily or weekly reward when all tasks have been checked off. It is VERY important that you do not give the privilege or reward to the child if he/she has not completed the task.

Weekly Chart

Place a checkmark in the box when the task is completed

	Completed Homework	Cleaned Room	Made Bed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Weekly Chart

Place a checkmark in the box when the task is completed

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Homework Log

Student Responsibilities

- Write the homework down at the beginning of each class or subject, or when your teacher announces homework.
- Be specific about assignments (i.e. write down “math page 385 #2-20 even” instead of “math page”).
- Write “None” if there is no homework for the night. Do NOT leave it blank, or it will look like you just forgot the homework.
- If you need, have your teachers initial or sign next to where you write homework down. This is to make sure you have the correct assignment.
- Keep your homework log in a special and safe location. It can be in the front of your binder, a special homework binder, or in a homework folder.
- If you don't understand an assignment, ask your teacher about it BEFORE you leave school for the day.
- Have at least 1 friend from class that you can call or text to contact if you have a question about the homework.
- If you are absent, find out about the homework right away the next day and write it down in your homework log.

Weekly Homework Log

Name: _____ Week of: _____

*Teachers please initial after homework is written down

SUBJECT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Math					
Science					
History					
English					
Foreign Lang.					
Specials					

Weekly Homework Log

Name: _____ Week of: _____

*Teachers please initial after homework is written down

SUBJECT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Weekly Homework Log

Name: _____ Week of: _____

*Teachers please initial after homework is written down

SUBJECT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Weekly Homework Log

Name: _____ Week of: _____

*Teachers please initial after homework is written down

	HOMEWORK ASSIGNMENTS	CHECK WHEN COMPLETED
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

Daily Homework Log

Name: _____

Date: _____

SUBJECT / CLASS	ASSIGNMENT	TEACHER INITIALS	CHECK WHEN COMPLETED

Daily Homework Log

Name: _____

Date: _____

SUBJECT / CLASS	ASSIGNMENT	TEACHER INITIALS	CHECK WHEN COMPLETED

Daily Homework Log

Name: _____

Date: _____

SUBJECT / CLASS	ASSIGNMENT	TEACHER INITIALS	PARENT SIGN WHEN COMPLETED

Daily Homework Log

Name: _____

Date: _____

SUBJECT / CLASS	ASSIGNMENT	TEACHER INITIALS	PARENT SIGN WHEN COMPLETED

Homework Troubleshooting Guide

Problem/Concern	Possible Solution
My child doesn't know what homework he/she has to do.	Have your child use a daily or weekly homework log to record assignments. Logs can also be signed or initialed by the teacher so you will know for sure the assignments are accurate.
My child is tired when he/she comes home and has trouble getting started.	Give your child a break after school if they are tired. Discuss and agree on a set time to start homework. It might be an hour after getting home from school, or it might be after dinner.
My child knows the assignments but says he/she doesn't understand how to finish them.	Sit down with your child and ask them to explain the homework to you. Try to explain a few examples. If your child is still struggling, talk to your child's teacher.
My child becomes angry and has outbursts when homework is involved.	First, try to find out why. Sit down with your child and have him/her explain the work to you. To get him/her going, you can offer to do one problem if they follow along. Then, have him/her complete a problem. Also, incorporate rewards for completing homework. When your child is calm, discuss a plan on how he/she can earn a special privilege or something they want.
My child struggles with focusing for long enough to complete homework.	Try using a timer and setting it for a "work time". You can start with whatever time you think your child should be able to focus for (10 minutes, 20 minutes, etc.). After the timer goes off, let him/her take a short break, then head back to work. Alternatively, you can also try finishing a certain number of problems (5, 10, 15, etc.) before taking a break. Sometimes this works better because it gives your child a set number to finish before a break.
I am not home when my child gets home, so I don't know if he/she really finishes the homework.	Ask your child to show you the homework when you get home. Check each assignment just to make sure they are completed and done well.
My child does his/her homework but the teacher says he/she doesn't have it the next day.	Make organizing and putting assignments in the correct spot part of the homework routine. Right after your child finishes the assignment, make sure he/she puts it in the binder and right in the backpack so it is ready for the next day.
My child hates doing his/her homework.	Encourage your child by involving rewards and incentives. Also, talk to your child about the importance of homework.

AUGUST 2017

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	TOTAL = -----	

SEPTEMBER 2017

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
TOTAL = -----						

OCTOBER 2017

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	TOTAL = -----			

NOVEMBER 2017

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	TOTAL = -----	

DECEMBER 2017

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	TOTAL = _____					

JANUARY 2018

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	TOTAL = -----		

FEBRUARY 2018

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	TOTAL = -----		

MARCH 2018

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
TOTAL = -----						

APRIL 2018

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	TOTAL = -----				

MAY 2018

*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	TOTAL = -----	

JUNE 2018

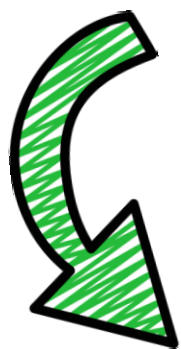
*Write a check mark or place a sticker on days when homework is completed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
TOTAL = -----						

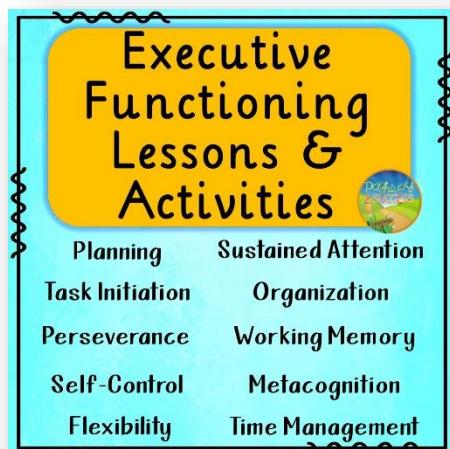
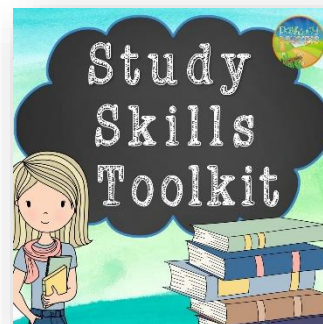
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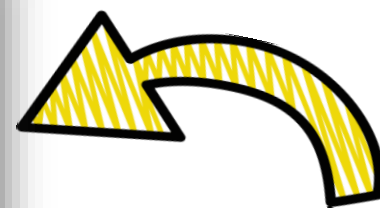
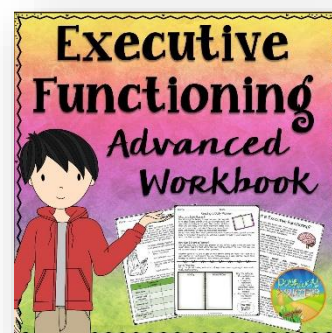
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- The Candy Class



- Lindy du Plessis

