

Homework

Getting Started Before School

Already in the first grade (and sometimes even earlier) it becomes clear whether the child will have difficulties with homework.

There is an algorithm that works from an early age: "I do it myself with my parents (and children up to six or seven years old really like to do something together with mom and dad), having fun." The key word is "self". Parent - assistant from the "zone of proximal development", support.

Important: do not be afraid to give the child the opportunity to make mistakes. This is a normal process of learning and development. With this approach, a child from an early age really learns to be independent, to understand his abilities and becomes confident in his abilities. If the parent does something instead of the child, then problems arise at school later: red tape, tears, protests, etc.

Together or instead?

"It's easier for me to do this task for him than to explain!" – the mother of eleven-year-old Vanya told me wearily.

Ok [I am going to do my homework](#)

Of course, after a working day, it is difficult to sit and analyze a task, especially a non-standard one, and explain to the same tortured child what is required of him. But by doing something instead of a child, what will we teach him?

Speaking of bugs...

This part is especially important for parents whose children are in elementary school.

Think about when your baby learned to walk. He fell on the ass, and what did you do? Grumbled that he can't do anything? Shouted? Did you close your eyes tired? No, you were touched and looked at his attempts with a smile, until at last he took the first steps.

And now, when your student makes mistakes, how do you react? Why did your reaction from touchingly condescending turned into irritation? The situation as a whole remained the same: the child learns something new, making mistakes and correcting mistakes. The next time you check your homework, keep this in mind.

Reacting to mistakes by shouting, tearing up notebooks, demanding to do it first on a draft and then rewrite, you form anxiety, insecurity, and a negative attitude towards learning in the child, demanding accuracy from him, which is practically unattainable at this age period.

I have a familiar mother who celebrated the first deuces of her children with a cake. "What nonsense?! How is that possible?" - "responsible" parents may exclaim in surprise or even indignantly. And the wise move is that with the help of parents, children learn to see the positive role of error - the "springboard". Knowing where the weak point is, we can work on it, achieve

success. At the same time, the child's faith in his own strength, the ability to achieve goals, work on himself and not be afraid of failure are preserved.

"A" or good relationship?

Remember the joke: "The lessons are done. Mom was hoarse. The children went deaf. Neighbors learned. The dog spoke? Unfortunately, this is not an uncommon story. But is the relationship between the children and parents of these fives worth it? And by the way, not always fives.

Think about what is your priority: a healthy child or neurosis, fear of lessons, conflicts and a completed task?

The main function of a parent is to support the child, to pay attention to his progress. Say specific things:

You did the right exercise today! I'm proud of you!

"Look, not long ago you went beyond the fields, and now you are very good at writing evenly. You are trying very hard! I am so glad!

Become a helper and friend for the child, support him:

You made such an interesting choice...

I really like the way you think...

Show your interest:

Your eyes are burning with happiness! Come on, share...

– I understand that it was difficult. And I see that you put in the best effort.

In case of failures, state their fact, avoiding bright emotional reinforcement.

[Your psychology homework help](#) right on time

Almost any child, especially in elementary school, needs this type of help as organizing.

Provide a daily routine. The optimal time for homework is the period from 15.00 to 18.00, after a walk.

Help organize your workspace. On the table are only the items necessary for a particular homework; computer, TV, gadgets are disabled.

Leave time for rest. The child needs personal time when he just wanders around the room, sorts through toys, looks out the window. This is his way of relaxing, an opportunity to think, to process what happened to him in the morning.

Distribute the load. Break the preparation of homework into periods: 15-20 minutes of work - 5 minutes of rest (drank water, ate an apple, walked around). For middle and high school, we increase the periods of work to 40-50 minutes.

Come up with a ritual. That is where the work will begin. For example, prepare a table, drink cocoa.