

Establish Structured Schedules

Key Ideas:

- Set clear expectations and review each morning
 - Set regular hours for learning. If possible, align these hours with the hours that your children are most attentive.
 - Write down a schedule for each child (or if appropriate, have your child create a schedule) Check off items as completed -- children love the sense of accomplishment!
 - Just as cellphones are kept in backpacks at school, keep cellphones away at home until assignments are completed (or use as a social break after a certain number of assignments are completed).
 - Maintain regular sleep routines and wake times.

- Balance academics and play
 - Build in scheduled breaks for snacks, outdoor movement/ exercise and playtime.
 - Younger children might be motivated by short goals, i.e. “complete two activities from your teacher and then we’ll play a family game.”

- Build in opportunities for choice
 - A key rule to remember is to give **only choices that you can agree to**.
 - Provide specific options and avoid open-ended questions (e.g., “What do you want to do next?”)
 - Offer choices only when the child will truly be allowed to choose.
 - Examples:
 - “Which book would you like to look at?”
 - “Do you want to do math or reading next?”
 - “Would you like to use crayons or paint today?”
 - “Would you like a peanut butter sandwich or a cheese sandwich?”

- Don’t fight! If it gets stressful, just take a break.