

Promote effective study habits for a successful school year

Helping your child build homework and study skills is one of the most important ways you can help her succeed in school. And the start of a new school year is the perfect time to begin. Here's how:

- Choose a regular time and place for homework. It should be a quiet, comfortable spot free from distractions. Stock it with supplies, such as paper, pencils and a dictionary.
- Allow for some free time. Many kids need to blow off steam after school before settling into homework. Some like to exercise, talk about their days, or head straight for a snack. Keep healthy options available that will energize your child for work and play.
- Encourage organization. Effective studying starts with a to-do list. Older elementary school students should make one each day.
- Pay attention. Homework time is a chance for you to learn about your child. Does she excel at reading? Have trouble with spelling? Struggle with multiplication?
- Be supportive. Don't ever do your child's homework for her. But do stay nearby to supervise. It's OK to answer questions and guide your child through problems. However, if she seems to be struggling, talk with her teacher.

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