

Tackling Homework and Revision

- Be calm, positive and reassuring and put the process into perspective – there will always be an opportunity to take the exam again.
- To reduce last minute pressure, get them to prepare everything they need the night before an exam and encourage them to have an early night. Next day organise breakfast and go through a checklist with them to make sure they have what they need.
- After each exam allow your child to talk it through but don't worry about details. Focus on preparation for the next exam instead.
- Receiving exam results can mark key stages and periods of change in your child's life. These can be very unsettling and difficult times so let them voice their worries and expectations and listen out for any underlying issues.
- Plan an event to mark the results, whatever they are. Show your child that whatever the result, you value them and know they have done their best.

If you are looking for any further information or advice for your family the Family Information Service can help you. We offer a free and impartial information and signposting service for parents and carers of children and young people on a range of topics such as; childcare, benefits, health, leisure and much more. If you don't know who to ask, ask the Family Information Service!

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Tackling Homework

Sometimes homework can become a family battle. Conflict can arise as children often appear to put off homework until the last minute or don't do it at all, whilst parents tend to feel they may fail if they don't get on with it. This leaflet suggests some ways of dealing with conflicts and making homework a part of family life.

What to do

- Give children a chance to talk about school work. Even if you know little about certain subjects you can help just by talking and listening and helping them find their own answers.
- Help your child take responsibility for organising and doing their homework and praise them for their hard work. Set-up a home study plan, splitting the work into manageable chunks and allocating time for breaks.
- Many schools give pupils homework diaries which parents are required to sign. Monitoring homework in this way can help with organisation and keep your child on track.
- Help your child keep to a routine. Some children prefer to do homework straight after school whereas others will prefer to relax first and do their homework later. Let your child decide.
- Create a quiet space at home where your child can work without being disturbed. Lots of children like to work whilst listening to music so you may have to put up with this.
- Some children study alone, others prefer working with friends or family. If space is an issue they could try a local library or maybe the school has a homework club?

- Visit the local library with your child and encourage them to use it. If they need to use the internet and this isn't available at home the library is a great place to get online as all Warwickshire Libraries offer free internet access.
- Try to make their learning more interactive and enjoyable e.g. use educational games, look out for TV programmes and DVDs that relate to their areas of study, put learning into practice by adapting it to everyday activities.

Tackling Revision

If you are worried about your child taking exams, imagine how overwhelming the process can be for them. Even once exams are over, waiting for results can also be a very stressful time. You can help your child by encouraging them to talk about their feelings and fears or asking the school for support. Here are a few ideas to make exam time more bearable.

What to do

- Help your child with revision by re-arranging family schedules and priorities. Try to be lenient about chores and be understanding about frayed tempers and impatience.
- Don't blame or nag children. It's never too late to study, revise or ask for help. It may help to put together a revision timetable or ask the school for their advice.
- Encourage children to work for their own satisfaction and schedule small rewards for effort. Try to avoid bribery as this can increase pressure.
- Create a comfortable place for them to work and accept that they may find it easier to concentrate whilst listening to music or with the TV on.