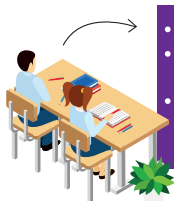


# HOMEWORK HABITS

## When is the best time to do homework?



- On a regular schedule
- Not when they are hungry or tired
- When they are most able to focus

1



## What makes a good study space?

2

- An uncluttered desk or table
- A calm room
- A comfortable chair
- Good lighting
- No TV or phone
- No other distractions

## What does my child need?



3



- Only the materials for that specific assignment (pencil, workbooks, computer, notebook, etc.)
- Someone who is available to answer questions
- Short, frequent breaks



Different strategies help different people. As your child grows, assist them in finding what works for them. With the right guidance, every child can become more independent.



CHADD's  
National Resource  
Center on ADHD

El Futuro   
[www.elfuturo-nc.org](http://www.elfuturo-nc.org)