


training  
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# **S**uggestions for **S**tress **F**ree **H**omework

 Let your children rest, relax or play before starting their homework.

 Help your child set a regular time to do their homework. If there is no homework that night, have them read a book or study.

 No music, TV or radio when it's homework time.

 Have a homework study box for each child. Let them be in charge of it. It can be filled with pencils, pens, crayons, paper, ruler, etc.

 You can help with the homework but don't do it for them, it is their work, not yours !



**Call the teacher if you have any questions on the homework or if you think your child is having trouble.**

**How much time should your children spend on homework?**

Kindergarten and 1st grade= 10 to 20 min.

2nd and 3rd grades= 20 to 30 minutes

4th, 5th and 6th grades= 30 to 60 minutes

7th, 8th and 9th grades= 1 hour to 1 hour and a half

10th, 11th and 12th grades= 3 hours

*These times are just examples. They may vary depending on the circumstances.*

Hours & Minutes spent doing Homework

	Hours	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for week =		

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