

How to create a home study routine for your child

In 7 Steps





Reasons for Procrastination

- The task seems complicated and they aren't sure where to start
- They aren't confident with their understanding or how to complete it correctly
- There is simply something more interesting to do, like playing with their friends.



1

Time Management



Using a planner is crucial for managing time effectively and reducing stress during school or university. It allows for scheduling deadlines and prioritising tasks, ensuring important topics are revisited, and still leaving time for fun activities.



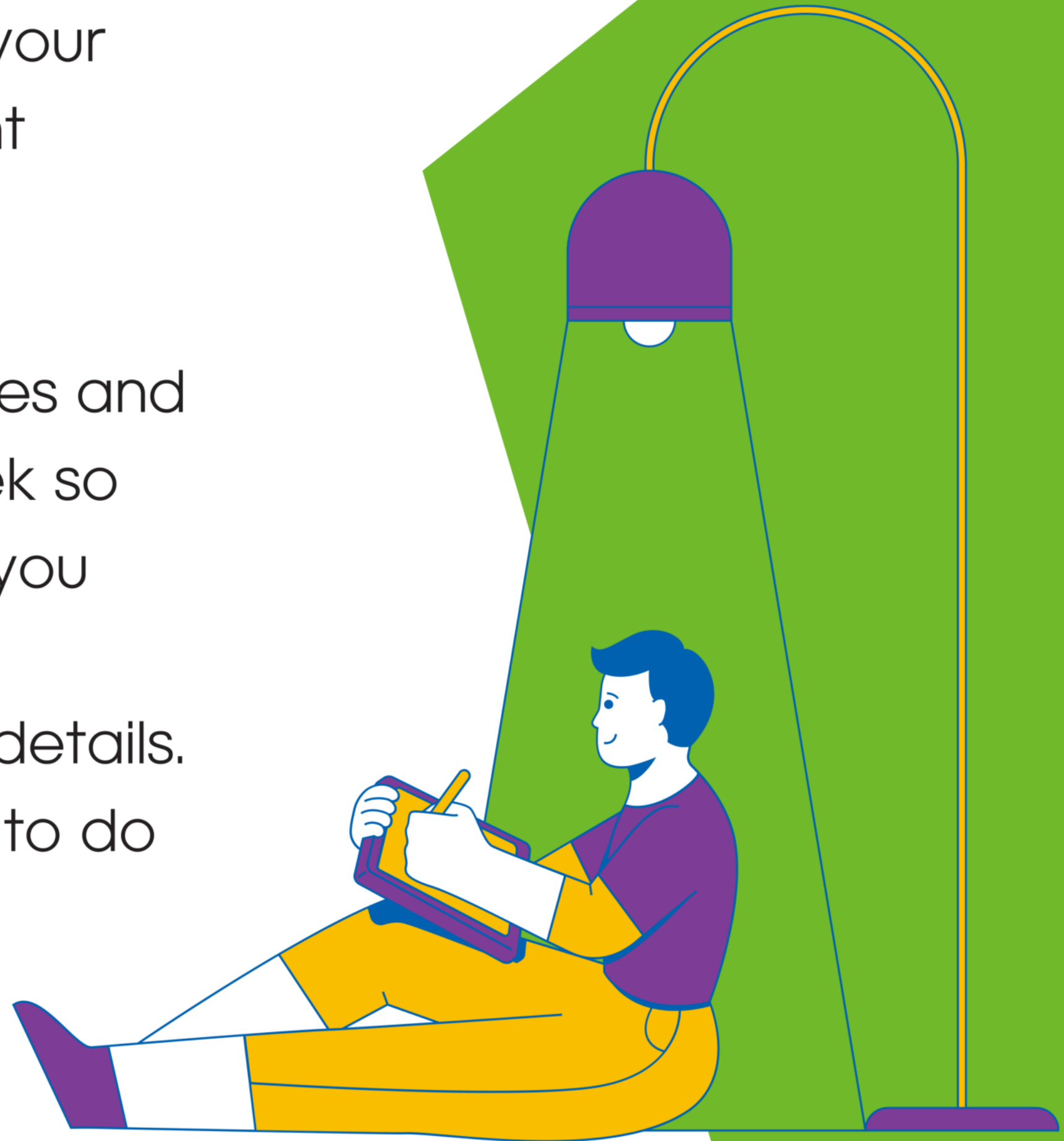
**But my child can't concentrate.
How am I going to do this regularly?**

**Every child can focus.
Ask your self the following questions:**

1. How long can they currently focus for where they are fully engaged in the work?
2. Is there something that regularly distracts them?
3. What is the target expected by the school?



1. Use a monthly planner for all your deadlines and other important dates, like a day with friends.
2. Use a weekly planner to work backwards from your deadlines and plan out each day of the week so that you can fit in everything you need to do.
3. And a daily planner is for the details. The individual tasks you need to do per topic.



Breaking down tasks into manageable chunks and allocating time for each task can help improve productivity. It creates a sense of accountability and helps to increase focus and concentration.



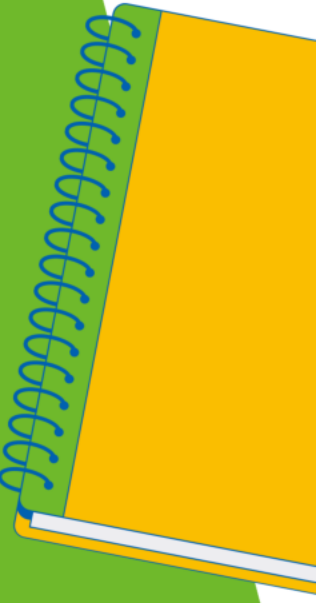
2

Be an active learner



***Have your brain participate and think about the task.**

Reading your notes simply isn't enough.



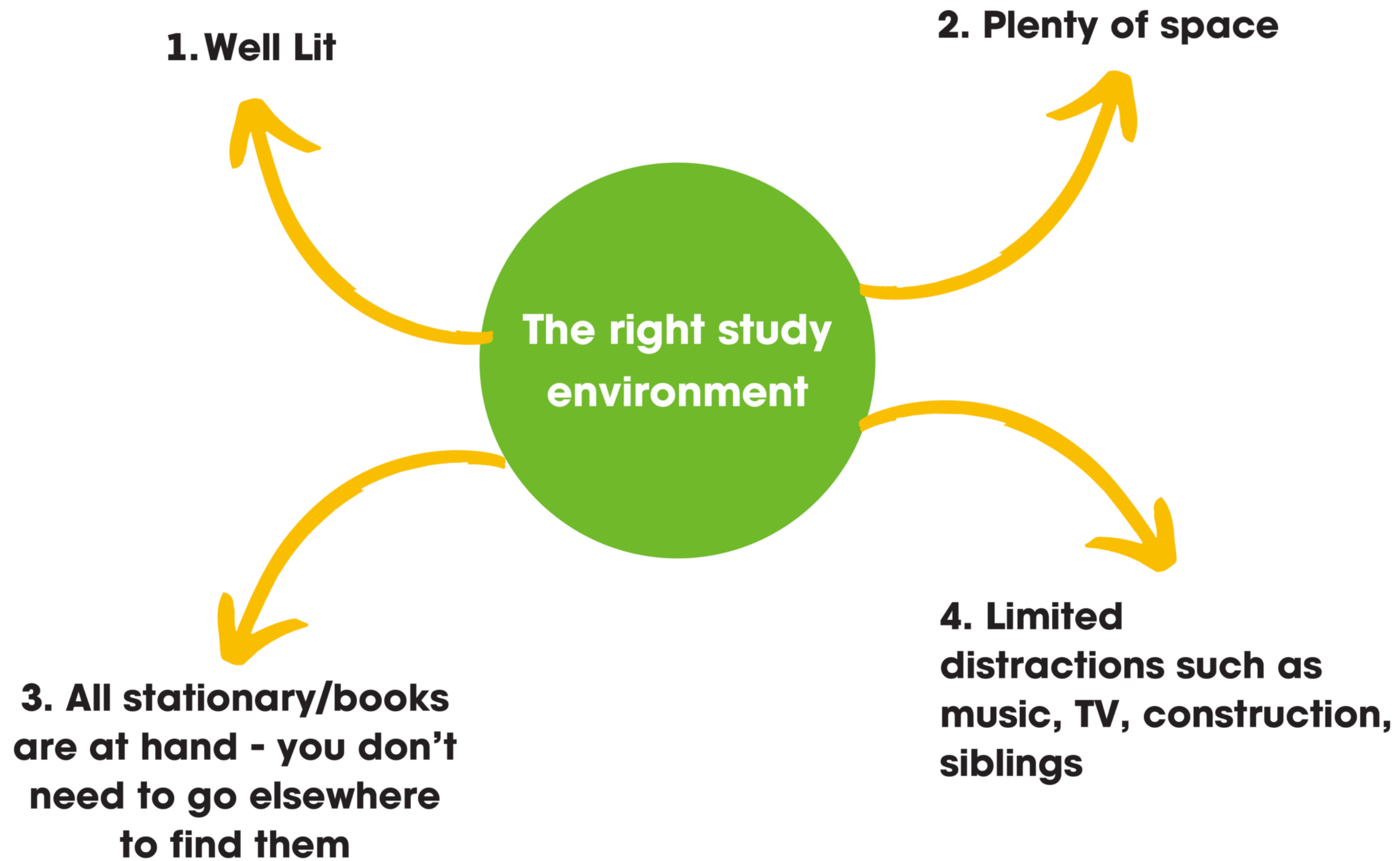
- 1. Highlight a passage and make notes**
- 2. Rewrite your own notes in a completely new way (use synonyms to expand your vocabulary)**
- 3. Dictate notes then listen back to them when going for a walk**
- 4. Read it to your child and have them answer questions from a textbook.**
- 5. Have your child read it to you and they can explain what to do**
- 6. Anything to actively participate in what you are studying**



3

**Find the right
place to study**





4

Turn Off Notifications



5

Keep healthy -
eat, sleep and
move



Healthy Eating

- Maintains focus and attention
- Provides slow release energy
- Nutrients that support brain development
- Ice cream and lollies every now and again for a reward doesn't hurt ;)

Regular exercise

- Release of bottled up energy
- Provides a break from studying through socialising and movement

Adequate Sleep

- Allows the brain to process new information
- Rejuvenation
- Rest and relax



- **Stick to the routine as much as possible**
- **Remember though there will always be good days and bad days, so stay flexible.**





6

**Feedback,
can be good**

- Pause before you give feedback
- Consider your delivery
- Make your feedback specific
- Ask for permission and give control
- Focus on the process
- Focus on their actions, not their personality
- Model, model and model again



7

Find a study partner to study with regularly



A study partner can help your child:

- Stay accountable
- Quiz them
- Help them see another perspective
- Answer their questions
- Bounce ideas



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