

Homeworks/Lessons

Children between 6 and 12 years old

Establish a routine

Identify the best study time for your child.
If on medication, how does it affect them in the evening?
Would weekends work better?



Choose the right place and be prepared

The best place to learn isn't always at a table. Let your children choose their location and position for an optimal setting. Prepare all necessary material to avoid delays and chaos at the beginning of the homework.

Reduce distractions

Minimizing distractions, such as noise and lighting, is crucial for children with ADHD. A quiet environment contribute to a better concentration, and attention. It can be helpful to involve siblings by informing them about this need.

Don't forget to take breaks

After school, homeworks may seem lengthy and tiresome. It is recommended to break it down into short sessions, with breaks for discussion, movement, stretching or breathing exercises. This method may be more effective than a continuous study period.

Participate in homeworks time

To encourage a child to do their homeworks, it is essential to make this time enjoyable. Avoiding unnecessary pressure fosters motivation. Encouraging exchange and cooperation strengthens family bonds, improves one's relationship with school, and valorizes successes.

Make a motivating tool

- Use a checklist or agenda
- Motivation increases a child's effort and energy
- Concrete goals make a child's work easier and reduce the risk of discouragement
- Exemple: List of lessons with a reward (treat or activity)

Remember the purpose of homeworks

Homeworks contribute to revise and reinforce learning, facilitating absorption and memorization. It bolsters the student to show interest in their school and later on, their career, affirming their progress.

Don't hesitate to seek assistance with homeworks

It's normal to not always have academic answers for your child. Inform the school of difficulties and seek help if homeworks cause anxiety. Services such as Synapse 360 can make learning more pleasant.



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For more tips and tricks on supporting people with ADHD, don't hesitate to contact us!

418-294-4410 |



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