

## **Creating a simple homework routine.**

For many families, homework becomes difficult because of how and when it happens. Without a clear routine, practise can feel unpredictable, easy to avoid or something that turns into discussion each time. A simple routine helps remove this pressure.

### **Start small.**

A routine doesn't need to be more ambitious to be effective. In fact, shorter sessions are often more successful. A few minutes of focused practise is enough to build progress over time. The aim is to make it something your child can manage and is more likely to agree to.

### **Choose a regular time.**

Try to choose a time in the day that works for your family and stick to it as much as possible. This might be straight after school, before dinner, or at another consistent point in the day. When practise happens at the same time each day, it becomes expected rather than something to negotiate.

Before practise begins, as many small obstacles as possible should be dealt with. Make sure drinks, snacks and toilet visits have already happened. Turn off televisions or distractions and have the materials you need ready. When these small things are taken care of, it becomes much easier for the routine to happen without delay or discussion.

### **Keep it manageable.**

It's better to stop while things are going well than to continue until your child becomes tired or frustrated. Ending on a positive note makes it much more likely that your child will be willing to take part next time.

### **Build consistency over time.**

The goal is to create something that happens regularly. Small, consistent steps will always lead to better progress than occasional longer sessions.

### **A final thought.**

If practice currently feels difficult, it may not be the amount of work that needs to change, but the way it fits into your day. Small changes to routine can make a big difference over time.