

**Educators, this is a small sample of what you will get when you order this Parent Guide. We know that when you see the scope and value of the information you can receive, you'll want to order the entire Parent Guide. See back page for ordering details.**



**Give Your Child the Edge:  
Teachers' Top 10  
Learning Secrets  
That Parents Can Use**

**One of a series of Parent Guides from**



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## Place a Priority on Homework

There's no such thing as "no homework." During those times when there really is no assignment from school due the next day, your child can review her most difficult subjects or do extra reading.

Many experts agree on the following suggestions for how much homework children of different age levels should do:

Grades 1-3 . . . . . 10 to 30 minutes per day

Grades 4-6 . . . . . 30 to 60 minutes per day

Grades 7-9 . . . . . 50 minutes to 2 hours per day

Grades 10-12 . . . . . 1½ to 3 hours per day

### When to Study

When should your child study? Any time is okay, as long as it's not late at night. The ideal time is when she is usually most alert. For her, this might be after school, after dinner or early in the morning. As you are setting the schedule, allow for plenty of breaks. For example, have your child work for 15 or 20 minutes and then take a five-minute break.

### How to Study

There's no one best way to study. Some children need absolute peace and quiet so they can concentrate. Others can work with music playing in the background. Researchers have found that, for some students, soft music can actually help concentration and memory. Music with no words, at about 60 beats per minute, seems to promote the best learning. Let your child experiment to find out what works best for her.

There is one thing on which all researchers agree: *No one can study effectively with the TV on.* Eyes need to focus on what they're reading. Brains need to be paying attention to what's on the page—not what's on the screen. So when it's time for studying, turn off the TV.

Here are a few more things you can do:

- **Protect your child's study time.** That means, in addition to no TV, no phone calls, no visits from friends and no interruptions from you.
- **Work on your own projects** nearby as your child does her homework. You can pay bills, write letters or read a book. You'll send a message to your child that you think homework time is important.
- **Offer advice** if your child needs help, but resist the impulse to do her home work for her. It won't help her learn the material and it won't help her teacher understand where she is having trouble.
- **Challenge your child** to a game of "Beat the Clock" if she dawdles while doing homework. If she's taking an hour to complete an assignment her teacher says should only take 15 minutes, set the timer for 20 minutes. Challenge your child to finish before the timer goes off.

## Other Parent Guides Available From The Parent Institute®

Educators,

Like the other 24 titles, this Parent Guide is a concise summary of the latest and best information on this topic as you help parents help their children to succeed in school and life. The topics were chosen based on the most frequently requested learning topics from educators and parents. Formatted for the busy parent in mind, they are full of no-nonsense, easy-to-implement, practical ideas that have been proven to work. The complete list of titles is below:

*10 Great Ways to Teach Children Responsibility*  
*25 Ways You Can Put the Power of Routines to Work for You and Your Child*  
*52 Great Ways Families Can Spend Time Together*  
*Developmental Milestones for Preschool Children—Is My Child on Track?*  
*Preparing Your Child for Reading Success—Birth to Age Five*  
*How to Choose the Best Preschool or Day Care for Your Child*  
*Common Discipline Problems of Preschoolers and How to Solve Them*  
*37 Experiences Every Child Should Have Before Starting School*  
*Getting Your Child Ready for Kindergarten*  
*The Road to Reading Success—Elementary School Years*  
*Common Discipline Problems of Elementary Schoolers and How to Solve Them*  
*31 Alternatives to TV and Video Games for Your Elementary School Child*  
*Give Your Child the Edge: 10 Teachers' Learning Secrets Parents Can Use*  
*How to Help Children Do Their Best on Tests*  
*Helping Children Get Organized for Homework and Schoolwork*  
*Help Your Child Develop Good Learning Styles*  
*How to Instill the Character Traits of Success in Your Child*  
*Seven Proven Ways to Motivate Children to Do Better in School*  
*Help Your Child Deal With Bullies and Bullying*  
*Help Your Child Deal With Peer Pressure*  
*How to Help Your Struggling Student*  
*Common Discipline Problems of Teenagers and How to Solve Them*  
*What to Do If Your Child Has ADD/ADHD*  
*Common Discipline Problems of Middle School Children and How to Solve Them*  
*Making a Smooth Transition to Middle School*

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