

# Ending Homework Battles

## 1. Empathize & Get Curious- *Why is homework such a struggle?*

**First, get on the same team-** Homework is not, nor will it ever be, fun. We don't like to do it either. Empathizing with them and understanding their perspective before trying to solve will help alleviate most of the struggle.

**1. Work is too difficult (stressed):** *Struggling with academics or study skills, teacher's style doesn't match, low interest in a class, or generally overworked.*

**2. Lacking a homework plan (confused):** *They may not have clear routines and structures in place.*

**3. Lacking belief in themselves (hopeless):** *If too much has gone wrong, they may not feel they can do it so they avoid it altogether.*

**4. Parents have ownership (powerless):** *They won't take responsibility if someone else has it for them. They may fight back or give up.*

## 2. Solution Ideas- *Include children in solution finding if possible.*

**Remember-** *all misbehavior is from an unmet need.*

**1. Work is too difficult (support or boundaries):** *Talk with the teacher, sign up for tutoring or coaching, switch classes, cut back.*

**2. Lacking a homework plan (established boundaries):** *What system works best for THEM? Do HW where? When? How will they remember? Come up with consequences together to support their goals, enforce them consistently.*

**3. Lacking belief in themselves (encouragement):** *Remind them mistakes are ok, believe in them, give them baby steps to success, relax expectations.*

**4. Parents have ownership (power):** *Step back and allow them to take over, even if imperfectly. Allow consequences. The earlier you can do this, the better. There is discomfort in this, but there already is discomfort with homework battles, and this is the only way they'll take ownership.*

## 3. HOMEWORK!

**1. When you find yourself having a battle with your child over homework, try to zoom back and see the big picture. It's not worth breaking the relationship over homework. What can you do to lessen the stress or burden for both of you? Figure out the real priorities from this perspective.**

**2. If your child needs boundaries, what will you do to remember to enforce consequences? You may need to set up your own reminders!**

**3. Shameless plug! If your child needs study skills, I can help (yes, I offer virtual sessions, too)! Click my website link to set up a FREE 30-minute phone consultation.**