

## From the Health Clinic



Mrs. Maureen Earner ([mearner@stambroseschool.org](mailto:mearner@stambroseschool.org))



## Important Habits for Your Child to Establish at the Start of a New School Year

### Help Your Child/Children Develop a Sleep Routine

- Getting enough sleep is critical for a child to be successful in school. Children who do not get enough sleep have difficulty concentrating and learning as well as they can.
- Set a consistent bedtime for your child and stick with it every night. Having a bedtime routine that is consistent will help your child settle down and fall asleep. Components of a calming pre-bedtime routine may involve a bath/shower, reading with them, and tucking them in and saying good-night to them.
- Have your child turn off electronic devices well before bedtime.

- Try to have the home as quiet and calm as possible when younger children are trying to fall asleep.
- Insufficient sleep is associated with lower academic achievement in middle school, high school and college, as well as higher rates of absenteeism and tardiness. The optimal amount of sleep for young children is 10-12 hours per night and for adolescents (13-18 year of age) is in the range of 8-10 hours per night.

### **Help Your Child/Children Develop Good Homework & Study Habits**

- Create an environment that is conducive to doing homework starting at a young age. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.
- Schedule ample time for homework; build this time into choices about participation in after school activities.
- Establish a household rule that the TV and other electronic distractions stay off during homework time.
- Supervise computer and Internet use.
- By high school, it is not uncommon for teachers to ask students to submit homework electronically and perform other tasks on a computer. If your child does not have access to a computer or the internet at home, work with teachers and school administration to develop appropriate accommodations.
- Be available to answer questions and offer assistance, but never do a child's homework for her.
- Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.
- If your child is struggling with a particular subject, speak with your child's teacher for recommendations on how you or another person can help your child at home or at school. If you have concerns about the assignments your child is receiving, talk with their teacher.

- If your child is having difficulty focusing on or completing homework, discuss this with your child's teacher, school counselor, or health care provider.
- For general homework problems that cannot be worked out with the teacher, a tutor may be considered.
- Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.
- Some children may need help remembering their assignments. Work with your child and their teacher to develop an appropriate way to keep track of their assignments – such as an assignment notebook.

