**Opportunity Mindset Tips**
Transforming Challenges into Possibilities

“Homework is such a struggle. I am tired of trying to make sure it gets finished!”

**CHALLENGE**
How can I get my child to understand that homework is necessary?

**CHOICE**
You can decide how to think about this moment and how to respond. You can choose to see this challenge as a chance to grow and learn.

**OPPORTUNITY**
Helping your child make a plan to complete their homework can build Focus and Self-Control.

**SKILL-BUILDING STRATEGIES**

1. **TAKE YOUR CHILD'S VIEW**
   
   **NOTICE** how your child may be feeling at homework time. Are they frustrated? Tired from the day at school? Ask your child what they find most difficult. Is it hard to remember what to do, to get started, or to stick with it? Understanding your child’s feelings and energy level can help you support them in making a plan.

2. **SHARE REASONS**
   
   **SET LIMITS** and explain your reasons. Homework can help your child practice and remember what they learned in school. We all have jobs to do, and sometimes these jobs are challenging. Part of the job of a student is to learn to complete their homework on their own. Having a plan helps.

3. **PROVIDE CHOICES**
   
   **OFFER** your child options within the limits you set. Would they prefer to finish their homework now and then take a break? Or would they like to help set the table for dinner and then do their homework? Let them know that, while homework may not be a choice, they do have some choices about when and how to complete it.

4. **PROBLEM-SOLVE TOGETHER**
   
   **INVITE** your child to think of other ideas for getting homework done. You can suggest they start at the same time each day, cross items off a list, or exercise before homework. It’s important that your child make suggestions, too, to learn to become an active problem solver. Together, choose one of their ideas to try first. Discuss how the plan worked. If it wasn’t quite right, invite your child to offer ideas of what else might help.

5. **SCAFFOLD**
   
   **BUILD ON** your child’s ideas. Offer words of support when you catch them following through on their plan. You can also support your child by creating routines, limiting distractions, providing a clean workspace and supplies, and helping them plan ahead for bigger assignments.

An Opportunity Mindset means choosing to see a challenge as a chance to grow.

**FOCUS AND SELF-CONTROL**

Focus and Self-Control include paying attention, remembering rules, thinking flexibly, and reaching for goals. Games like “Simon Says” and card games help your child build Focus and Self-Control by asking your child to take turns, resist distractions, and use their short-term memory. For more information visit: www.mindinthemaking.org

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