

A FREE GUIDE FOR PARENTS

The Homework Peace Plan

7 simple ways to help your child learn how to learn,
without the nightly battle.



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Achieve Education

A FREE PARENT GUIDE

Dear parent,

You're not failing your child.

If homework at your house has turned into a nightly battle, you are not alone, and it is not your fault. School teaches children *what* to learn. Very few places teach them *how*.

We were both the struggling student once. Kimly was labeled “mute” in her first classroom because she didn’t yet speak English. Roger fell behind in medical school until he realized no one had ever taught him how to learn.

These seven ideas come from Kimly’s years as an educator and Roger’s work as a pediatrician. You don’t need all of them tonight. Pick one, try it for a week, and notice what changes. Small, steady steps add up.

Kimly

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The seven ways

- 1 Blame the cycle, not the child
- 2 Start with the body
- 3 Shrink the task
- 4 Teach how to remember
- 5 Read together, the right way
- 6 Praise the process
- 7 Know when to get more help

1

Blame the cycle, not the child.

When learning is hard, children often decide the problem is them: "I'm just bad at school."



The real problem is a cycle: the work feels hard, homework turns into a fight, everyone gets frustrated, and learning starts to feel like something to avoid. Your words can interrupt that cycle.

TRY SAYING

**"Reading is hard right now.
Hard means we practice, not
that you can't."**

**"Let's find which part is
tricky."**

INSTEAD OF

~~"Why can't you just focus?"~~

~~"This is easy."~~

Tonight



Name one thing your child did well before you name one thing to fix.

2

Start with the body.

A tired, hungry or restless body makes learning harder for anyone. Before you ask the brain to work, take care of the body.



Sleep comes first

The American Academy of Pediatrics endorses these sleep ranges (per 24 hours):

- ★ **Ages 6–12:** 9 to 12 hours
- ★ **Ages 13–18:** 8 to 10 hours

A 10-minute reset before homework

- ★ A small snack and a glass of water
- ★ A few minutes of movement: a walk, jumping, stretching
- ★ Screens off and a clear, quiet spot to work

Tonight



Give the body ten minutes before you ask the brain to work.

3

Shrink the task.

A whole worksheet can feel like a wall. One small step feels possible. Break homework into short, focused blocks with real breaks in between.



- ★ **Find the first tiny step.** "Just write your name and do the first one." Starting is often the hardest part.
- ★ **Work in short blocks.** Younger children often focus best for 10 to 15 minutes at a time, older children a little longer. Watch your own child and adjust.
- ★ **Make breaks real.** Stand up, stretch, get water, then come back.

Tonight



Set a timer for one short block, then take a real break together.

4

Teach how to remember.

Re-reading feels productive, but it fades fast. Two habits from learning science work better, and you can coach both in minutes.



"Close the book and tell me."

This is called retrieval practice. Pulling an idea out of memory, even imperfectly, helps it stick better than reading it again.

"A little, often."

This is spaced practice. Five minutes today and five minutes tomorrow beats one long session the night before a test.

Tonight



After reading, ask your child to teach you one thing from the page.

5

Read together, the right way.

Reading together builds skill and closeness at the same time. A few ways to keep it warm:



- ✦ **Take turns:** you read a page, they read a page.
- ✦ **Echo read:** you read a sentence, they read it back.
- ✦ **Let them choose,** even a book that seems too easy. Easy reading builds fluency and joy.
- ✦ **Keep reading aloud to them** at any age. They hear words they can't read yet.

***Tonight***

Ten minutes of shared reading, with no quiz at the end.

6

Praise the process.

When praise is only about being smart, mistakes can start to feel like proof of failure. Notice the effort and the strategy, not just the grade.



TRY SAYING

"You kept going even when it got hard."

"You tried a new way to sound that out."

INSTEAD OF

~~"You're so smart."~~

~~"Good job." (on its own)~~



Tonight

Catch one moment of effort and say it out loud.

7

Know when to get more help.

Some struggles need more than a new routine. Talk with your child's teacher and your child's doctor if you notice:

- ✦ Your child is far behind grade-level expectations in reading or writing, or the gap keeps growing.
- ✦ Homework distress happens most nights, for weeks.
- ✦ Worries about school show up as stomachaches, trouble sleeping, or not wanting to go.
- ✦ Changes in mood, attention, hearing or vision that concern you.

You know your child best. Asking early is never an overreaction.

We can help, too.

Book a free discovery call with Kimly. Tell us what learning looks like for your child right now, and we'll listen and suggest clear next steps.

Email support@achieve.education to set up a free discovery call.

support@achieve.education

This guide shares general learning strategies. It is not medical advice and does not diagnose any condition. Achieve Education provides learning support and coaching, not medical care. For health or developmental concerns, please talk with your child's own doctor.

Put this on the fridge

Tonight's Homework Peace Plan

- ☐ **10-minute reset** snack, water, move
- ☐ **Find one tiny first step**
- ☐ **One short block, then a real break**
- ☐ **"Close the book and tell me"** retrieval practice
- ☐ **Notice one effort out loud**
- ☐ **Ten minutes of reading together**
- ☐ **Lights out on time** ages 6–12: 9 to 12 hours of sleep

*You're not failing your child. Nobody
ever showed either of you how.*

MORE HELP AT [ACHIEVE.EDUCATION](https://www.achieveeducation.org)