

Studying at home – supporting your child

How can parents support their children with studying? A few tips:

Create an atmosphere that promotes studying. This means...

- making sure your child has a quiet place to work in a room where he/she feels comfortable. We recommend that the child always does their homework in the same place.
- giving your child a table (preferably a writing desk, but another type of table is also possible) where the child can sit up properly and doesn't get tired. Bear in mind:
 - Sitting in an uncomfortable, slouched or tense position affects the child's breathing and circulation. To ensure that the brain is adequately supplied with oxygen, it's better if the child sits upright on the chair.
 - It's important that the height of the chair and the table are correctly adjusted to protect the child's back. The seat height is good if the child can easily rest his/her elbows on the table at a 90° angle to the body and, at the same time, easily place the feet on the floor.
- ensuring that there is enough light at the workplace, either through natural light or a desk lamp.

It is easier to concentrate on doing homework if...

- there are no distractions (from houseguests, siblings, PC, PV, mobile phone, toys or pets)
- the child has something to drink (preferably water) at the workplace.
- fresh air is able to enter the room and the room temperature is pleasant.
- the child takes short study breaks. On average, 8 to 12 year olds can concentrate for 20-25 minutes in one go. Then they should move around/exercise for approx. 3-5 minutes.

Tidiness also helps with learning. For this, the child needs...

- its own place for all school things (e.g. shelf, drawer, cupboard),
- a small supply of pencils, coloured pencils, glue, exercise books etc.,
- the timetable, displayed at the desk so it is easily visible, as well as a copy in a central area such as the kitchen,
- an overview of all tasks and dates for the week (= weekly plan), that is displayed so it is easily visible. This means that the child can tick off each task (e.g. learning for a test) as it is completed.