

# Supporting Homework and Study at Home

When fathers support school learning at home, this demonstrates to your child that you truly value education and learning. Children at all ages with fathers interested and involved in their learning have been shown to have a clear academic advantage. Fathers have also been found to be particularly supportive of learning as they tend to encourage their children to discover things for themselves and challenge themselves to learn from their mistakes and improve.

The good news is that you don't have to have knowledge or expertise in the content of their homework or study. You just need to encourage and support their efforts to apply themselves to the task of learning. Homework is designed to support and reinforce what is being taught in the classroom and allow students to practise these skills and understandings independently outside of the classroom.

Study skills help students to seek, interpret and apply information to support their learning. Homework and study help your child to develop self-discipline, responsibility for completing tasks and a work ethic that will benefit them for the future. Homework can also give you a valuable insight into what your child is learning at school and how they are progressing and coping.



For more information: [thefatheringproject.org](https://thefatheringproject.org)



## Top Tips for Dads

- **Support homework and study schedules.** Regularly sit down with your child to go over workloads and help them stick to a schedule. Help them break down tasks into smaller chunks and stick to the studying calendar schedule.
- **You don't have to be an expert.** Don't worry if you don't understand your child's homework. You can still talk to them about it in general terms, for example: "Explain this to me" or "Tell me more about how you do that".
- **Let them be independent learners.** If they are fine to do the homework themselves, encourage this. This demonstrates self-management skills and should be encouraged and praised.
- **Help them problem solve if they are struggling.** Discuss what they have to do and how they are going to do it, rather than doing it for them. "Let's read this through?" "How can you break this down into tasks?", "What do you need to do first?".
- **Don't put too much pressure on them.** Encourage them to be as good as they can be and help them plan how to improve.
- **Encourage your child to ask for help when it's needed.** Don't leave it until the homework is due or overdue. If your child is feeling overwhelmed or doesn't understand something, the teacher will want to know.
- **If homework is causing stress or arguments, put it aside and take a break.** Try again later and if there are still problems, contact the teacher to discuss the situation.



## Wellbeing Check

We can all get frustrated, angry or upset at times. How we deal with these emotions is what's important. It is helpful to have some strategies to regulate your emotions, so you don't overreact or regret your response. Did you know that just the that act of stopping and recognising the emotion and naming it, can reduce the intensity of this feeling. This also gives you the space choose a helpful response.

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