

Neurodiversity Parent 101:

Why is getting homework done such a struggle?

Why is homework often a struggle?

- Your child may not be sure what they need to do, how long the task will take, and how to break the task into parts.
- This can result in your child behaving in a number of ways:
 - Avoidance strategies – needing to go to the toilet, needing a drink.
 - Feeling uncertain -not knowing what to do and when a task needs to be completed by or how long it may take.
 - Tantrums to avoid getting started.
- Your child may be worried that they don't have the kit to do the homework such as leaving their books behind (because of poor organization).
- Not knowing how long homework will take.
- Not sure how to break the task into parts



What can you do?

- ✓ A place to work – the same place to do homework each time means your child will get used to it.
- ✓ Same time – routines help your child to be prepared for homework.
- ✓ Everything in its place – have a pencil case with kit all in it so you don't end up hunting for rulers and compasses and your child has gone!
- ✓ Allow talk – sometimes we see our children wanting to chat rather than do, but for some children 'talk aloud' can really help them organize their thoughts.
- ✓ Create a visual timetable so your child can see what needs to be done and when.
- ✓ You may need to help your child break tasks down into parts so they can see what they are achieving and tick it off- this can provide a sense of achievement.

