

Helping Children with Homework

When parents support learning at home, children succeed in school. Even if you do not speak English, you can help your child with homework.

Structure Your Home for School Success

Set up a study area for your child that has all the supplies needed for homework.

Establish a daily study time that works for both you and your child. Some children need a break when they get home from school; others like to work on homework right away so they can enjoy free time.

If children have no homework due the next day, they can read books, study for upcoming tests, or work on long-term projects.

Let your child choose where to study. Some children work best in a quiet room on a desk or table. Others can work with people close by.

Establish limits for phone calls. Encourage children to call friends when homework is completed.

Set rules for computer use. During homework time, the computer should be used for writing and research, not games, instant messages, or e-mail to friends.

Turn off the TV during study time. Limit TV watching to no more than two hours on school days. Help your child plan when to watch favorite programs.

幫助學生完成家庭作業

當家長支持學生在家裏學習的時候，學生在學校裏就會獲得成功。即使您不會說英語，您也可以幫助孩子完成家庭作業。

改善家庭結構，幫助孩子在學校裏獲得成功

在您的家裏設立一個學習區，那裏擁有孩子所需要的所有學習用具。

為您的孩子和您自己規定一個每日學習時間。有些孩子從學校回到家裏以後需要一段休息時間；其他孩子則喜歡一回到家裏馬上就開始做作業，這樣他們就能享受更多的自由活動時間。

如果孩子沒有第二天需要交的作業，他們就可以閱讀書籍，為即將到來的考試進行準備，或者做長期的學習項目。

讓孩子來決定在哪裏學習。有些孩子喜歡在安靜的房間裏坐在書桌或者桌子前學習，其他的孩子則喜歡在成年人旁邊學習。

規定打電話的時間。鼓勵孩子們在完成作業以後再給朋友打電話。

建立使用電腦的規定。在做家庭作業的時候，孩子應當使用電腦來寫作或者做研究，而不是使用電腦來玩遊戲，發即時短信或者給朋友發電子郵件。

在學習的時候不要打開電視機。在上學的日子裏，孩子看電視的時間不能超過兩個小時。幫助孩子制定一個計劃，只看他們最喜歡的電視節目。

Visit the library with your children each week or as often as you can.

每個星期都帶孩子去一次圖書館，或者經常光顧圖書館。

Encourage Children to Complete Homework

鼓勵孩子完成家庭作業

Explain that doing homework will help children succeed in school.

向孩子解釋，做家庭作業將幫助他們在學校里獲得成功。

Let children know you expect them to turn in all assignments on time.

讓孩子知道，您期待他們按時完成所有的家庭作業。

Ask to see assignment notebooks. Look over books, notebooks, and completed homework whenever you have the chance.

查看孩子的作業本。如果您有機會，還請查看孩子的書籍，筆記本以及完成的作業。

Tell children to put completed homework in their backpacks so they are ready for school in the morning.

提醒孩子，要把做完的作業放在書包里，這樣他們在早上前往學校上學的時候就不會忘記。

Avoid criticizing your children's work. Find something positive to comment on.

不要批評孩子的功課。要尋找一些積極的東西對孩子進行表揚。

Ask children to show you work they are proud of and display their work in your home.

讓孩子給你顯示他們引以為豪的作業，並把作業的樣本在家裏展示。

Provide Guidance When Needed

在需要的時候向孩子提供指導

Homework is supposed to be practicing what children have already learned, but sometimes children need help. You can ask questions to guide your child even if you do not understand English:

做家庭作業的目的是讓孩子有機會對他們已經學習過的內容進行練習。但是有些時候，孩子需要幫助。即使您本人不會講英文，您也可以通過提問的方式來對孩子提供指導。這樣的問題包括：

- Where in your book can you look up the answer?
- Tell me in your own words, and then write it down.
- That did not work, what else can you do?
- What steps did your teacher follow?
- Why do you think it did not work?
- Have you thought about...?
- Show me what you have done so far.

- 你在書本的什麼地方可以找到這個問題的答案？
- 用你自己的話給我解釋一下，然後把它寫下來。
- 如果這樣做不行，看一看你還能用什麼其它的方法來解決問題？
- 你的老師用的是什麼步驟？
- 你認為這麼做為什麼行不同？
- 你是否想過...？
- 讓我看你做了些什麼。

Praise children for the effort they make not just when they get all the answers right.

Contact the Teacher When Children Need Extra Help

Encourage children to go to the teacher if they do not understand what is expected or have not learned the material. Teachers might be able to offer extra help.

Contact the teacher yourself if you are concerned about your child. When is it time to call the teacher?

- When children consistently have trouble doing the homework assignments;
- When children consistently do not bring homework home;
- When children tell you they never have homework or always finish it at school;
- When children feel overwhelmed by the amount of homework or have difficulty getting organized.

How to contact teachers:

Phone the school and leave a message for the teacher.

Send e-mail to the teacher. Teachers can sometimes answer e-mail more quickly than they can return phone calls. You can use computers at public libraries to send e-mail.

Talk with the teacher during parent-teacher conferences. Request a conference if needed.

If you need an interpreter who speaks your language, request one from the school. The interpreter will call the teacher for you and arrange a meeting if needed.

要對孩子做出的努力進行表揚，而不要在乎他們的答案是否總是正確。

當孩子需要額外幫助的時候和老師進行聯繫

鼓勵孩子在不知道老師的要求是什麼或者沒有掌握授課內容的時候尋求老師的幫助。教師可能會向學生提供額外的幫助。

如果您本人對孩子存在關注，請和老師進行聯繫。您在什麼情況下應該給老師打電話呢？

- 當孩子做作業時經常存在困難的時候；
- 當孩子經常不帶作業回家的時候；
- 當孩子告訴您，老師從來不佈置作業或者他在學校里已經完成了作業的時候；
- 當孩子感到作業太多，或者不知道怎麼應對的時候。

怎樣和教師聯絡：

給學校打電話，然後給老師留言。

給老師發一個電子郵件。有些時候，老師回復您的電子郵件比給您打電話還要快。您可以在公共圖書館里給老師發電子郵件。

在家長-教師座談會上和教師進行交談。如果需要的話，您可以要求和老師見面。

如果您需要翻譯的幫助，請向學校提供要求。翻譯可以代表您給老師打電話，然後安排一次見面的時間。

Use Resources in the School or Community

Your school may offer homework clubs after school where children can get help.

School guidance counselors may offer classes to teach organization and study skills.

Computer labs are available in some schools and community centers. To see a list of computer learning centers go to <http://www.clcp.net/centers.shtml> on the Internet.

Fairfax County public libraries offer computers with free Internet access.

The county library web site offers homework resources and help. The web address is <http://www.fairfaxcounty.gov/library/homework>. Click on “Live Homework Help” to talk online with a free tutor.

利用學校和社區的資源

您孩子的學校可以設立了家庭作業俱樂部，孩子放學後可以在俱樂部里得到幫助。

學校的諮詢指導教師可能會提供有關組織技巧和學習技巧方面的課程。

一些學校和社區中心都設立了電腦室。您可以在電腦因特網上查看電腦中心的清單，網址是<http://www.clcp.net/centers.shtml>。

您在費郡公立圖書館里可以免費上網。

費郡公立圖書館向學生和家長提供有關家庭作業方面的資源和幫助，網址是<http://www.fairfaxcounty.gov/library/homework>。如果您需要和指導教師現場通話，請點擊“Live Homework Help”，諮詢是免費的。

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