

Homework Headaches

1. Doing homework is just like going to __SLEEP__, because there is __RESEARCH__ that tells us what works and what to __DO__.
2. Homework __HYGIENE_ requires all of these:
 - A. Set up a consistent __SCHEDULE_____.
 - B. True or **false**: Having a TV break is very helpful for most kids?
 - C. Set up a __QUIET__, low distraction place that you can __MONITOR them.
 - D. Model the __APPROPRIATE_ behaviors by doing __WORK__ or __READING__.
 - E. Program in low-distraction __BREAKS__, and make sure they are __TIMED__.
 - F. Stay CALM because it __SHORTENS__ any problem behaviors that occur.
 - G. True or **False**: shame and humiliation is very effective and has no side effects. ("Your brother NEVER puts me through this!")
3. Even when all the steps for good Homework Hygiene are in place, there are still __3__ major sources of potential problems.
4. The major sources of problem behavior related to homework time include:
 1. _____ESCAPE_____
 2. _____COMPETING REINFORCEMENT_____
 3. _____SKILL DEFICITS_____
5. If a restaurant is closed 7 out of 8 times you visit __STOP GOING_____.
6. Kids play terrible __ODDS_____ everyday.
7. When children engage in problem behavior to escape demands, the most important factor is __NEVER REMOVE THE DEMAND OR LET THEM GET OUT THE WORK_____.
8. Using "Time Out" during homework time for a consequence for naughty behavior will _____REINFORCE_____ it. If you use it, you should also give them __CAKE_____ and ice-__CREAM__.
9. When there are competing reinforcers for completing homework, kids are also seeking __ATTENTION__ as a source of reinforcement.
10. When kids value high intensity attention from their parents, the most important thing you can do is to control __WHEN_____ it is delivered.
11. If it is more fun to argue with you than it is to do homework, then arguing is a __REINFORCER_____ for not doing homework.

12. When kids do not wash their hands or clean up their toys when asked, homework is most likely too HARD of a demand and requires the child to build the skill of COMPLIANCE.

13. Giving children responsibilities builds their MATURITY.

14. Compliance can be built by providing frequent opportunities to comply with EASY demands and gradually INCREASING the difficulty.

Things to Take Away

1. SHOW kids what is important by making space and time for HW
2. IF → Then...IF you do your homework, THEN you can play video games.
3. Build compliance skills throughout the day
4. Withhold competing reinforcers (what are your forms of “inadvertent reinforcement”?)
5. Scale demands and gradually increase expectations
6. Control the delivery of high intensity attention
7. Control the delivery of all privileges
8. Do not pair homework with the removal of their favorite thing.
9. Never use time out during homework!
10. Maintain the demand until they comply & block all forms of reinforcement until they comply (including talking with you).
11. Stay Calm!