

Homework Support Plan

Support independence without turning homework into a nightly battle.

CURRENT HOMEWORK CHALLENGE

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| ☐ Starting | ☐ Knowing assignments |
| ☐ Remembering materials | ☐ Understanding directions |
| ☐ Sustaining attention | ☐ Estimating time |
| ☐ Managing frustration | ☐ Turning work in |

Break the task down

What is the smallest useful first step?

Parent role

What support will I provide—and what will I intentionally leave for my child to own?

Work / break rhythm

Example: 15 minutes work + 5 minutes movement. Adjust for age and need.

When we stop for the night

Define the point where sleep, regulation, or teacher communication becomes more important than another hour of conflict.
