



HOMEWORK – IS IT HELPING OR HINDERING?

If you are facing a battle with your SEN child over doing their homework, stop think and read on ...

WHY DO SEN CHILDREN STRUGGLE SO MUCH WITH THEIR HOMEWORK?

They are exhausted from sensory overload at school

They are exhausted from masking all day at school

They are exhausted from just holding it together

School is for schoolwork and home is NOT

It may take them longer than their peers

Parents are not teachers!

HOW CAN PARENTS SUPPORT WITH HOMEWORK?

BODY DOUBLING

Sometimes just sitting alongside your CYP and being there can be enough to make them feel supported and capable.

ENVIRONMENT

Create the right environment. A quiet space without distractions and with everything they need in easy reach.

BE REALISTIC

Set an appropriate time limit to do as much as they can or give breaks during homework time. Be realistic in your

HOW CAN TEACHERS SUPPORT WITH HOMEWORK?

Make homework relevant, accessible & differentiated

Provide handouts for the CYP where possible

Do not set tasks they have not yet learnt

Make is multi-sensory where possible

Send notes home for parents to enable them to

Set an appropriate amount of homework for the CYP

Make homework SMART and check the CYP's

Consideration– is homework in their best

Do not set homework for homework's sake

CHANGING THE HOMEWORK POLICY IS A REASONABLE ADJUSTMENT

- ! Homework is not compulsory
- ! IEP targets are for school not home
- ! The CYP is the priority!

If homework is causing a CYP high levels of anxiety, it is no longer effective. Homework should be to solidify what has been learnt at school. If a CYP's anxiety is preventing them from completing homework, it **IS NOT EFFECTIVE**, and the approach needs to be changed.