



July/August 2008

Meet Kristi Miller



Kristi Miller, MA, CAPI, and Solutions in Parenting Founder, is a [Certified Aware Parenting Instructor](#) and Parenting Consultant who offers a distinctive form of parent education coupled with hands-on training for parents and their families. For more than a decade, Kristi has been dedicated to a specialized form of parent education she developed, [Bond Strengthening Parenting®](#), which honors and encourages parents and helps them define and maintain their own personal styles. This, in turn, allows children to thrive in a loving and collaborative environment.

.....

Parenting Center

[Visit Solutions in Parenting](#) to see our website and learn what we can do for you.

[Visit useful parenting links and resources](#)

.....

Monthly Parenting Challenge

How do you handle the homework situation in your house? Do you end up yelling at

Back to School

It's time once again to set those alarm clocks and head back to school. For some families, back to school can be exciting. For other families, it can be a time of dread. School can represent one of the toughest battles families face: Homework. With tougher educational standards, increased homework loads and more pressure to do well, that can take the excitement out of returning to school for anyone.

Set your family up for success from the very beginning by establishing a studying routine that works for the whole family. This will take time, effort, communication and most of all patience, but the rewards of a more peaceful home environment will be well worth it.

.....

Five Tips for Homework Success

It's a familiar scene: Your child is supposed to be doing his homework, but in the last 45 minutes has completed only two math problems because he was hungry (so he ate a bowl of cereal) and lost his favorite pencil (so he had to find the pencil lead to his second favorite one that his sister hid under her treasure box in her bedroom) and needed to check his homework assignment posted online by his teacher (but then got distracted because he was checking his favorite song on iTunes instead of confirming his assignment) all the while, he seems immune to your suggestions, pleading, begging and yelling to finish the homework you know he could have completed in 20 minutes had he stayed focused...Whew!

It is possible to change this scenario, with a few very simple steps. Knowing how to set your child up to win the homework battle can relieve a lot of stress for you and your kids.

First, keep in mind that getting homework done is your child's responsibility, not yours. Homework is a contract between teachers and students. Think of yourself as a coach, standing on the sidelines. Let your player take responsibility and carry the ball. Be available for support, but let your child complete the task at hand from start to finish. The hard work will be his or hers alone-but most importantly, so will the satisfaction of achievement.

The following tips can help your child succeed and can help you relax and enjoy watching your child gain greater independence.

1. Make sure your child is nutritionally nourished and has had an adequate amount of "down time" between school and homework time. In order for your child's brain to work well, they need to eat healthy food, drink plenty of water (not just sugary sodas or juices), and get plenty of rest (resist the pressure to over-schedule them!).
2. Turn off the TV. Reducing distractions will help increase concentration. Make sure the house is as quiet as possible and that all cell phones, televisions and other noises are eliminated. If computers are being used for homework, help your child to stay focused on the task at hand by sitting close-by, putting the computer in a common family space, or checking-in periodically for support.
3. Provide all necessary school supplies in well-organized and easily accessible areas. The age and grade level of your kids will need to be considered, and the supplies adjusted accordingly. Spending 10 minutes searching for paper or sharpening a pencil will distract even the most dedicated student.
4. Commit to keeping a consistent study time and place for your child. Every student has different needs when it comes to how, when and where they feel best studying. It is okay to let your child decide if studying right after school feels better than waiting until before bed, for example. Maybe he is more

your child to start or finish his or her homework? Does your child do homework without a problem? Is homework exhausting and disruptive for the whole household? Try to think about what homework has been like in the past and what you would like it to be in the future. Talk with your child about what works for him and what changes he needs to make for the coming school year. Let your child know what works for you and what you need to see happen. Work together to make the changes before the homework crush even begins. We are curious...let us know

.....

What is Parenting Consultation?

We are offering personal parenting education and consultation for committed parents who want to raise confident, compassionate and responsible children.

It is now possible to bring an experienced consultant into your family life on a regular basis. Either by phone or in person, your consultant can help you create solutions to your daily parenting challenges with loving and effective lifelong parenting techniques. Start being the very best parent you can be **today**.

[Call us](#) today for your free 30-minute gift session to see if parenting consultation is for you.

.....

We want to hear from YOU Are you struggling through some parenting "rough spots" right now and need a bit of advice? We are always here for you. Whether you are in the middle of a divorce, potty training your toddler or screaming at your teen, we can help. Send us an [email](#) and we will respond with some helpful guidance to get you through.

comfortable in a big chair rather than a desk. Perhaps music helps him to focus instead of total quiet. Whatever he decides, help him commit to it and make sure other siblings and family members are equally committed by having their own study time or quiet space, too.

5. Make yourself available when your child needs you but resist the temptation to become too involved. She must learn to problem-solve for herself. When a child needs your help, it's okay to help her find the answer, but make sure you let her lead the way. Answering cries for help on a homework problem with the phrase, "Why don't you show me what you do know", can help your child figure out where and why she is stuck. Minimal intervention and gentle guidance can help your child avoid too much frustration and provide just enough structure to solve her own problems.

Try some or all of these tips and you may find that the days of yelling at your child to finish his homework are over. Your child may become a more self-motivated, organized student who turns in his completed homework on time. As always, let us know how it goes!