

Summary: Homework Success

Dear Families,

Thank you for your hard work and thoughtful participation over the past weeks. Below is a summary of the skills we have learned together. Click to access the document "[Create Your Family Plan](#)" that describes a framework for shaping behaviors in the future.

In terms of next steps, schedule your 1:1 session with your group leader within the next month. Look out for emails from our team to sign up for a medical consultation. Although the community chat will be closed, you will continue to have access to the chat records.

As we come to the end of our sessions together, please take a few moments to share your thoughts on the program. Your input will help us continue to improve and provide valuable resources for families in the future. Please access the [family feedback survey here](#). Thank you for taking the time to share your feedback with us.

Supporting Homework Success: Finding Balance in Parental Support

Focus on the "Balanced and Supportive" approach to homework help, which emphasizes:

- Teaching teens practical skills (e.g., using reminders, calendars, or drafting emails).
- Encouraging teens to take ownership of their academics.
- Maintaining a supportive role without micromanaging.

Tips for Parents

- Empower Your Teen: ask open-ended questions like, "*What's your plan for tackling this project?*" or "*How can I help you set up a system for reminders?*"
- Model Tools: introduce apps, planners, or techniques and use them alongside your teen.
- Collaborate, Don't Control: involve your teen in decision-making about when and where they'll do homework.

Review of Skills from Previous Sessions

1:1 Time

Create 1:1 Time by

- Letting your teen choose the activity.
- Focusing 100% of your attention on your teen. Show enthusiasm!
- Scheduling 10-15 minutes daily (or at least 5 minutes).
- Using a timer to ensure the time is well-spent.

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Summary: Homework Success

Review of Skills from Previous Sessions, continued

Mindful Attention

Positive Attention

- Provide praise immediately after positive behaviors.
- Catch your teen being good and praise the specific behavior.
- Be consistent and make praise a frequent habit.

Selective Attention

- Remove your attention from minor misbehaviors (e.g., talking over you or rolling their eyes).
- Use this strategy when the behavior is not harmful or excessive.

Communication

Validating Emotions

- Acknowledge your teen's feelings without judgment: *"I see that you are feeling frustrated right now."*
- Normalize their emotions: *"It's understandable to feel this way."*
- Helps teens learn emotional intelligence and feel heard.

Effective Communication

- Use open-ended questions: *"How can I support you with this?"*
- Show empathy by listening actively and responding with warmth.
- Express your thoughts clearly and without criticism (use "I" statements).

Emotion Coaching

Co-Regulation

- Regulate your own emotions before reacting.
- Use techniques like deep breathing or mindfulness to maintain calm.
- Teach your teen how to self-regulate by modeling appropriate reactions.

Emotion Coaching

- Help your teen identify and express their feelings: *"I can see that you are feeling angry about this."*
- Encourage healthy coping strategies like taking a break or using a stress ball.

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Summary: Homework Success

Review of Skills from Previous Sessions, continued

Antecedents (Setting up for Success)

Antecedents

- Prevent challenging behaviors by creating clear expectations and preparing for difficult situations.
- Consider setting the environment or schedule to create opportunities for success.
- Use cues, reminders, and structure to guide your teen's behavior.

Sleep Tips

- Ensure your teen gets enough sleep for better focus and emotional regulation. Aim for 8-10 hours per night.
- Create a consistent bedtime routine and avoid stimulating activities (e.g., screens) 30-60 minutes before bed.
- Keep electronics out of the bedroom to reduce distractions and help with better sleep quality.

Screen Time Tips

- Set clear limits on screen time and be mindful of the impact of screens on sleep and attention.
- Encourage breaks from screens, especially during homework or before bed.
- Model healthy screen use by following similar limits for yourself and practicing digital mindfulness.

Consequences (Reinforcing Positive Behavior)

Consequences

- Reinforce positive behavior with praise or rewards.
- Provide logical consequences for negative behavior.
- Use privilege pauses when necessary.

Effective Use of Consequences

- Ensure the consequence matches the behavior (e.g., taking away screen time for not completing homework).
- Follow through immediately after the behavior.

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Summary: Homework Success

Problem Solving

Collaborative Problem Solving

- Work with your teen to solve issues together.
- Break down tasks into manageable steps and ask your teen for input.
- Encourage ownership by letting your teen take the lead in finding solutions.
- If your teen is struggling with an assignment, ask them how they might approach it differently.

The COPE method is designed to help your teen break down problems and come up with effective solutions. This step-by-step approach encourages independent thinking and fosters problem-solving skills.

- C: Clarify the problem
 - Help your teen define the problem clearly by asking questions like: “What is the issue here?” or “What is happening that is bothering you?”
 - Ensure they understand the root cause of the issue before jumping to a solution.
- O: Outline options
 - Brainstorm potential solutions together. Be sure to encourage your teen to come up with their own ideas, which helps them take ownership of the solution.
 - Ask: “What are some ways we could solve this problem?”
- P: Pick the best solution
 - Evaluate the pros and cons of each solution with your teen. Guide them in choosing the option that makes the most sense, is realistic, and aligns with their goals.
 - Ask: “Which solution do you think will work best, and why?”
- E: Evaluate the results
 - After trying the chosen solution, reflect on what worked and what didn’t. If the solution didn’t work, revisit the brainstorming step and try a different approach.
 - Ask: “Did the solution work? What can we do differently next time?”

Take a moment to reflect on all that you have accomplished during the course of this group. You are taking important steps to support your teen's growth and development!