

If you have any feedback, or any topics you'd like to learn more about in this newsletter, please reach out via email.

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Here are a few articles you might find helpful this month:

- [Ditch the Bubble Wrap](#)
- [My Daughter with ADHD Struggles to Wake Up in the Morning. What Should I Do?](#)
- [How to Help your Middle Schooler with Executive Function](#)

Come to the PCSD Power Hour  
Thursday 2/16 6:30-7:30pm in the  
Calkins Road Commons  
all about **social media!**



## ***HOMWORK STRUGGLES?***

Is homework a fight every night? Is your child struggling with the executive function skills like organizing, long-term planning, time-management, and focus?

**Here's how you might help:**

Check the team homework calendar each night with your child. With longer assignments, relieve stress and build executive functioning skills by avoiding diving right in. Help your child spend one day planning, breaking up the assignment into chunks, and using their agenda to create mini deadlines. Teachers often create assignments in this way! Breaking up larger projects like this helps students practice important EF skills.

**Here's some language you might try using:**

- Instead of** - You aren't trying your best! **Try** - You look stuck; how about coming back to that one?
- Instead of** - You have so much potential. **Try** - I can see all of the effort you've put in; do you want to build in a break?
- Instead of** - You just need to care more about school. **Try** - It does sound frustrating, but I have confidence that you can do it.
- Instead of** - You need to be more disciplined. **Try** - Do you need help with where to begin? That's often the hardest part.
- Instead of** - You just need to focus! - **Try** - How about setting your timer for 15 minutes and then seeing where you are?