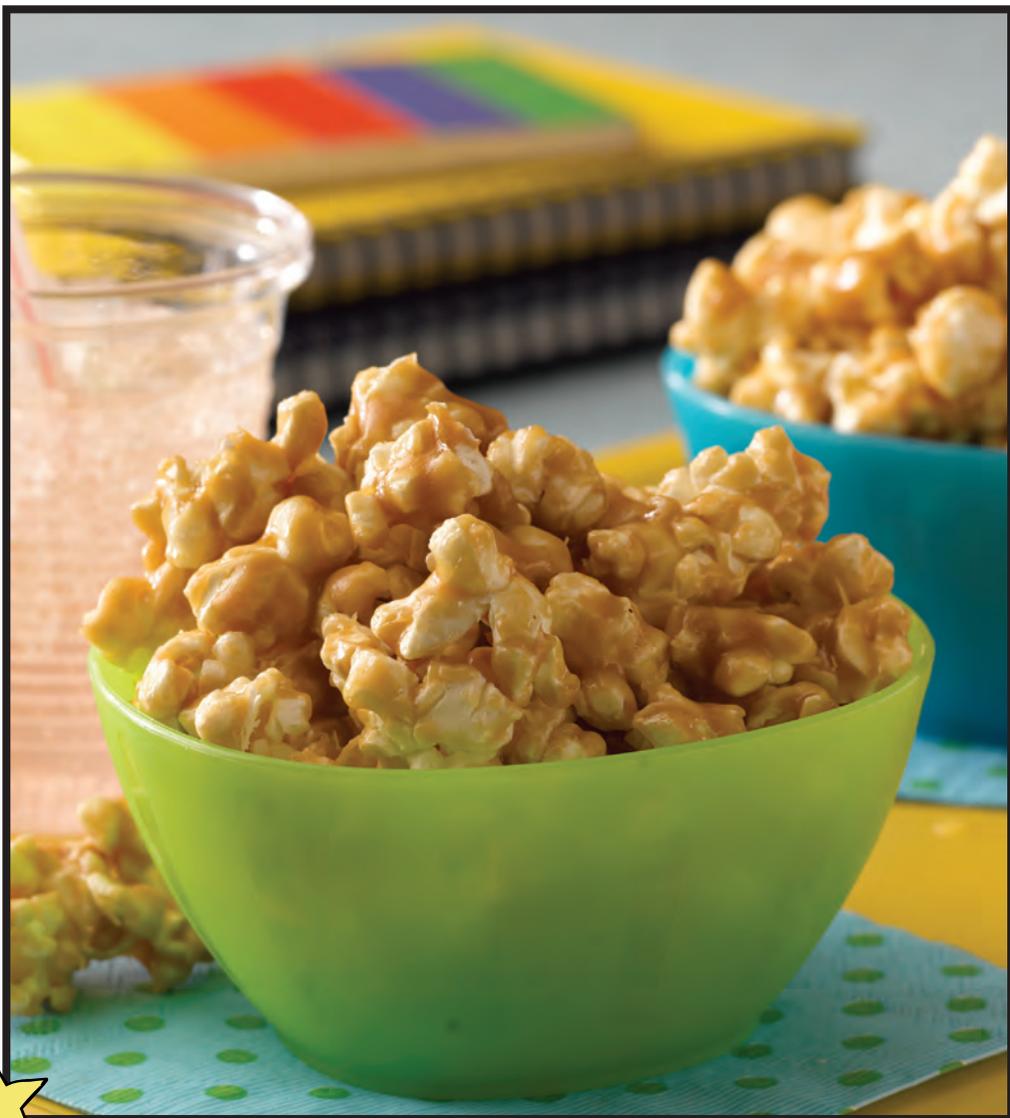


With school in full swing and life back in the fast lane, it can be a struggle getting children to do homework. Establishing a routine can help set expectations and ease stress loads for children and parents alike. Clip, save and USE these helpful tips.

Homework Tips:

1. Unpack backpack, head outside for 15-30 minutes of sports/exercise to clear the mind and release energy.
2. Designate a well-lit homework location with readily available supplies your child might need (paper, pencils, a dictionary, etc.).
3. Be there for your child; help them get started then let them work independently while you're nearby.
4. Teach by example. If your child is reading, pick up a book. If they are doing math, balance your checkbook.
5. Use a timer for reading assignments, (depending on child between 10-20 minutes for younger, 30-60 for older).
6. Let them take a break to refocus.
7. Give positive feedback but not answers. Teachers need to know where your child is having problems. If there are recurring struggles, bring it to the teacher's attention or ask for a tutor. Plan out long-term assignments.
8. Require your child to put completed homework in backpack.
9. Reward progress in homework with praise, a walk to the park, or even a special snack.



BATTLING

HOMEWORK

BLUES



If your child is mastering weights and measures, reinforce learning in the kitchen with an easy-to-make recipe like this Super, No Fail Caramel Corn from the Popcorn Board.

Super, No Fail Caramel Corn

Makes: about 2 1/2 quarts

Ingredients:

- 3 quarts popped popcorn
- 1 cup packed brown sugar
- 1/2 cup butter (1 stick), diced
- 1/4 cup corn syrup
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda

Directions:

1. Place popcorn in a large bowl; remove any unpopped kernels.

2. Spray a large baking sheet with cooking spray; set aside.
3. In a large, deep pot, stir together brown sugar, butter, corn syrup and salt over medium heat until well blended. Increase heat and bring to a boil. Allow to boil for 5 minutes; DO NOT STIR.
4. Remove pan from heat and stir in baking soda (mixture will foam). Quickly stir popcorn into hot mixture until completely coated. Spread onto prepared baking sheet and allow to cool. Break into smaller pieces. Serve immediately or store in an airtight container.

For more great tasting treats, visit www.popcorn.org. For a complete list of homework tips visit the U.S. Department of Education's Web site at www.ed.gov.