

# Managing Feelings and Behaviours at Home



مدرسة المتحدة الدولية  
United School International  
The Pearl Island - قطر  
an Orbital Education School



# Managing Feelings at Home

## Homework Anxiety



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### What is homework anxiety?

- Homework anxiety refers to feelings of worry, fear, or stress that children experience when faced with homework tasks

### Common Triggers:

- Fear of failure or perfectionism
- Lack of understanding of the subject matter
- Time management challenges
- Pressure to meet expectations (either from parents, teachers, or self-imposed)

# Signs of Homework Anxiety

## Physical Symptoms:

- Headaches or stomachaches when asked to do homework
- Sweating or a racing heartbeat
- Trouble sleeping the night before school

## Emotional Symptoms:

- Avoidance or procrastination of homework tasks
- Low self-esteem or negative self-talk about abilities
- Frequent frustration or meltdowns

## Behavioural Symptoms:

- Arguing or defiance when it's time to do homework
- Incomplete or rushed work
- Seeking excessive reassurance from parents or teachers

# Why Does Homework Anxiety Matter?

## Impact on Learning:

- Anxiety can block cognitive functioning, making it harder for children to focus, understand, and retain information.

## Self-esteem:

- Persistent struggles with homework can lower a child's confidence and increase their fear of failure.

## Family Dynamics:

- Homework battles can strain relationships between parents and children, creating a negative atmosphere around learning.

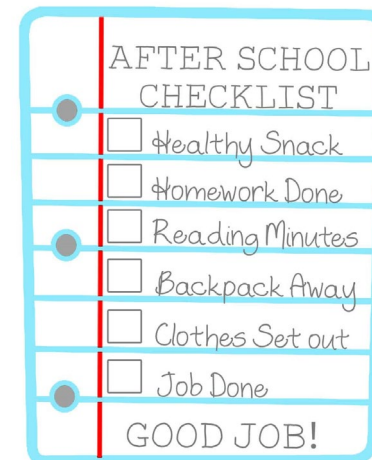
# How Can Parents Help?

- 1. Create a Routine:** Establish a consistent homework time and quiet workspace.
- 2. Break it Down:** Help your child break homework into manageable chunks.
- 3. Model Calmness:** Stay calm and patient, even when your child is frustrated.
- 4. Celebrate Effort, Not Just Results:** Praise hard work, even if the outcome isn't perfect.
- 5. Encourage Breaks:** Short breaks between tasks can help reduce stress and improve focus.

AFTER SCHOOL ROUTINES		
3:00-4:00 PM		SCHOOL ARRIVAL
4:00-5:00 PM		SNACK & FREE TIME
5:00-6:00 PM		HOMEWORK
6:00-6:45 PM		CHORES & SHOWER
6:45-7:30 PM		DINNER
7:30-8:00 PM		BEDTIME

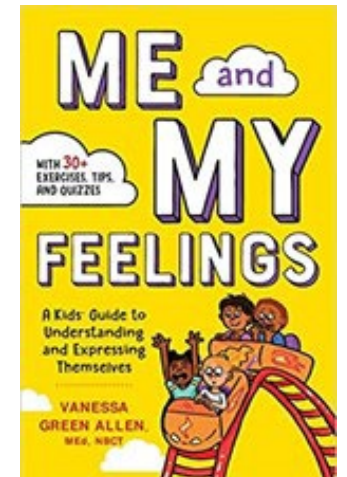
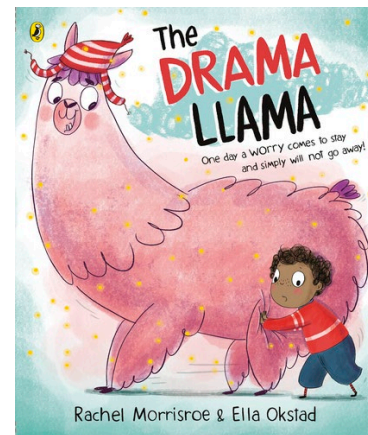
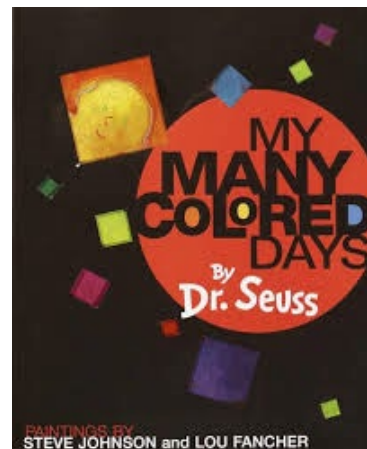
# Children With Additional Needs

1. Adapt Expectations: Understand that your child may need more time or different approaches to complete tasks.
2. Use Tools and Resources:
  - Visual timers to help with time management
  - Checklists or planners for organisation
  - Apps or learning tools suited to your child's needs
3. Collaborate with School: Regular communication with your child's teacher and the Inclusion Team ensure accommodations are made and goals are realistic



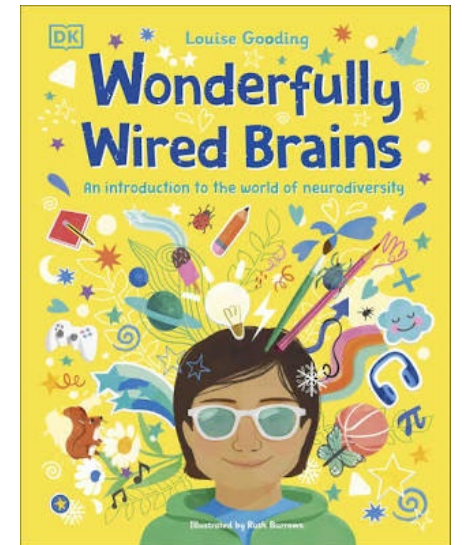
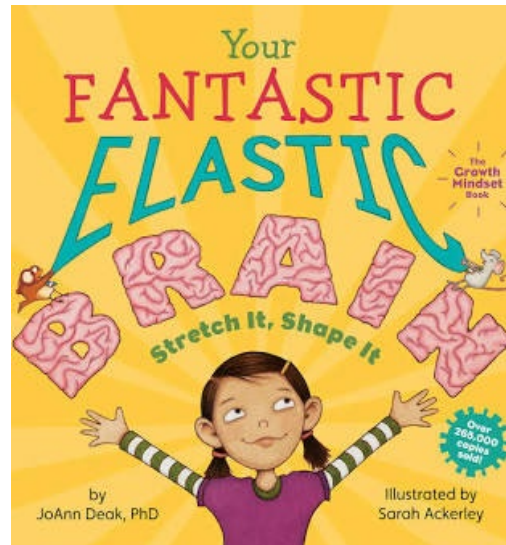
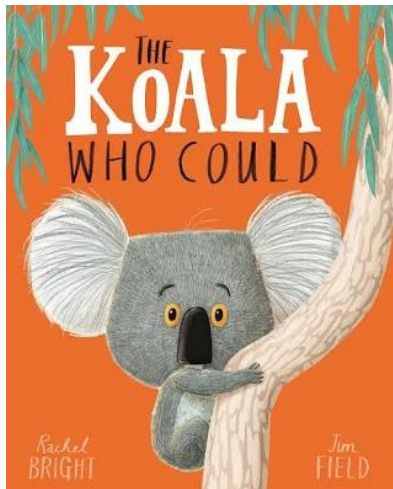
# Communication is Key

- **Talk to Your Child:** Validate their feelings, reassure them, and listen to their concerns without judgement.
- **Encourage Self-Advocacy:** Teach your child to communicate with their teachers when they're struggling
- **Positive Reinforcement:** Use praise and rewards to reinforce positive behaviour and effort



# Growth vs Fixed Mindset

- **Growth Mindset:** Focus on progress and improvement, not perfection. Remind your child that mistakes are part of learning.
- **Fixed Mindset:** Avoid reinforcing the belief that intelligence or abilities are set in stone.
- **Parents' Role:** Model a growth mindset by sharing your own learning experiences and challenges.





# Managing Your Own Expectations

- **Avoid Overloading:** Resist the temptation to push your child to do too much. Be realistic about what they can achieve.
- **Balance:** Ensure there's time for relaxation and play, which are essential for mental health and well-being.
- **Support, Don't Control:** Your role is to guide and support, not micromanage their homework experience.

# When to Seek Additional Help

## Signs that Professional Support is Needed:

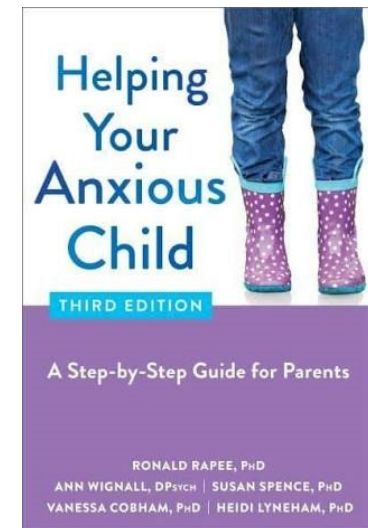
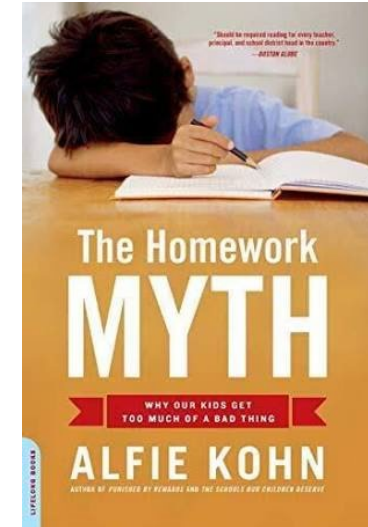
- Persistent anxiety that impacts their day-to-day functioning
- Regular physical complaints (headaches, stomachaches) around homework time
- Extreme avoidance or emotional outbursts
- Falling behind academically despite efforts

## Where to Get Help:

- Speak to the SENCO for further support at school
- Explore therapy or counselling options for managing anxiety

# Resources for Parents

- Books:
  - “The Homework Myth” by Alfie Kohn
  - “Helping Your Anxious Child” by Ronald Rapee
- Websites:
  - [understood.org](https://www.understood.org) (resources for learning differences)
  - Anxiety UK (support for anxiety-related challenges)
- Apps:
  - Headspace for Kids (mindfulness and relaxation exercises)
  - Forest (focus and productivity for homework)



# Managing Behaviours at Home

## Understanding Behaviour

### Why do children act out?

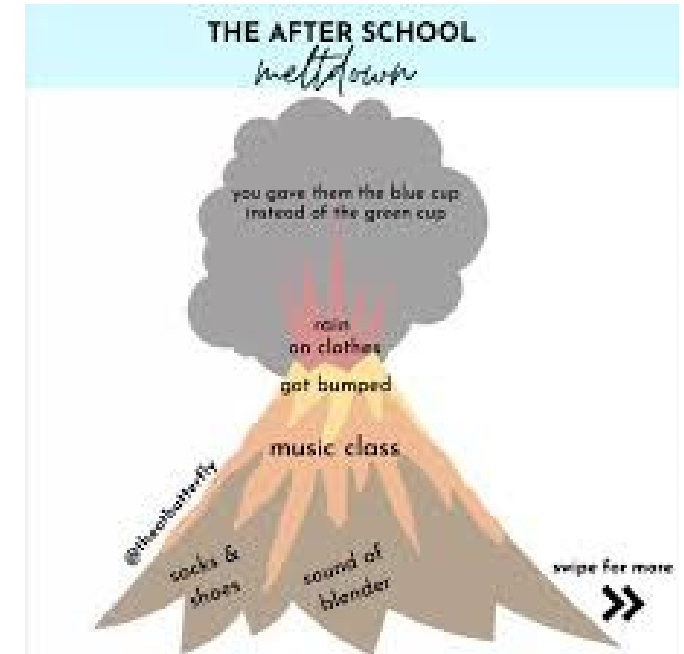
- Un-met needs (emotional, physical, sensory)
- Lack of clear boundaries or routines
- Difficulty with communication or expressing emotions

### Behaviour as communication: What might the behaviour be trying to tell you?

- Frustration, anxiety or confusion can manifest in behaviour



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<https://theotbutterfly.com/>

# Establishing Routines

## Why routines are important:

- Helps children feel secure and understand expectations
- Reduces uncertainty and anxiety

## Tips for setting routines:

- Consistency is key (bedtime, mealtimes, homework)
- Use visual schedules if necessary
- Involve your child in creating the routine to encourage ownership



DAILY ROUTINE							
Morning							
	M	T	W	Th	F	Sa	Su
Get Ready							
Make Bed							
Take Shower							
Breakfast / Get Dressed							
Brush Teeth							
Check Backpack/Carry							
Afternoon/Evening							
	M	T	W	Th	F	Sa	Su
Homework							
Practice Instrument							
Put Away Laundry							
Dinner Clean Up							
Read							
Take Shower							
Shower							
Brush Teeth							

# Setting Clear Expectations and Boundaries

## Why boundaries matter:

- Children thrive with clear rules and structure

## How to set clear rules:

- Be specific about what is expected (e.g. “We speak kindly to others”)
- Use positive language: Focus on what they should do rather than what they shouldn’t (e.g. “Walk in the house” instead of “Don’t run”)
- Explain consequences for not following rules

# Positive Reinforcement and Praise

## Why praise is powerful:

- Reinforces good behaviour, boosts self-esteem, and motivates children to keep trying

## How to use praise effectively:

- Be specific (e.g. “You did a great job tidying your toys!”)
- Catch them being good: Don’t wait for perfect behaviour.
- Pair praise with rewards when appropriate (sticker charts, extra playtime)

# Handling Challenging Behaviours

## Stay calm and patient:

- Model the behaviour you want to see

## Address behaviour, not the child:

- “Hitting is not okay” vs “You are being bad”

## Time-in vs. Time-out:

- Consider “time-ins” where you stay with the child, offering support, rather than isolating them.

## Logical consequences:

- Make sure consequences are directly related to the behaviour (e.g. if they throw toys, they help clean them up)



# Communication and Emotional Support

## Encourage open communication:

- Ask open-ended questions to understand feelings
- Help your child label their emotions (“It sounds like you’re feeling frustrated”)

## Model emotional regulation:

- Show how you manage your own emotions in stressful situations

## Teach problem-solving:

- Work together to find solutions (e.g. “What can we do next time to avoid this?”)

# Consistency Between Home and School

## Communicating with the school:

- Share strategies used at school and at home
- Create consistency in expectations and rewards/consequences

## Behaviour support plans:

- Use individual behaviour support plans if necessary to align approaches

# Self-Care for Parents

## Why it's important:

- You need to be in a good place emotionally to help your child

## Tips for managing stress

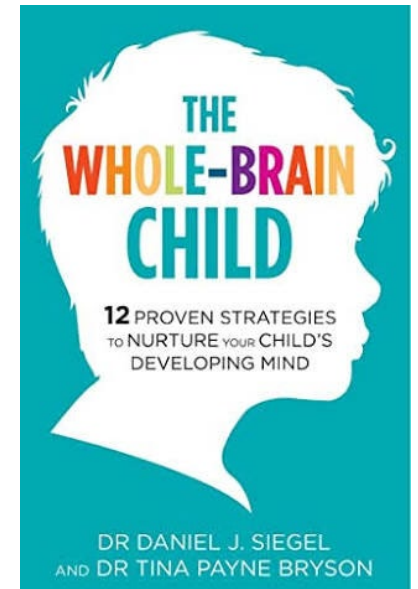
- Take breaks when needed, seek support, and avoid being too hard on yourself



# Resources and Support

## Further reading and support:

- Books
  - “The Whole-Brain Child” Dr Daniel Siegel and Dr Tina Payne Bryson
  - “Good Inside” Dr Becky Kennedy
- Websites
  - [youngminds.org.uk](https://youngminds.org.uk) - has a section on behaviour management strategies for parents
  - Child Mind Institute - Managing Problem Behaviours at Home
- Apps
  - Headspace: Mindful Parenting Collection





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# Thank You