



# ELTERN POST

ISSUE  
01/2025



Der Kinderschutzbund  
Landesverband Bayern

## **HOMEWORK – WHY IT'S IMPORTANT AND HOW YOU CAN SUPPORT YOUR CHILD**

### **Helpful strategies**

*Dear parents, guardians and families,*

Homework can be stressful for the family.  
But with the right planning and calm, it gets easier.  
Here are tips to help your child stay motivated.

*Your team from the Kinderschutzbund  
Landesverband Bayern*





## WHAT IS HOMEWORK?

Homework is an important part of learning.

Homework helps to repeat and better understand school material. Your child learns to work independently and take responsibility. Often, repeating things at home helps your child understand school material better.

Your child realizes what they can do well and where it still needs to be practiced.

Teachers can see how well a child understands the material by doing homework.

Does your child struggle with homework?  
Then the teacher can help.

In many families there are arguments about homework. After school, many children no longer feel like sitting at their desks. They want to play, relax or meet friends. That's normal. Adults also want to relax after work.



## WHY ARE THERE PROBLEMS?

Take a close look:

When does homework go well?

When are there problems?

Some children still have a lot of energy after school.

They can get started straight away.

Others need a break first to recover.

Pay attention to whether your child is tired or energetic.

Find out when they can learn best.

Movement and rest are important.

Some children need to run around first.

Others need a short break before starting.

The type of homework is also important.

If the tasks are difficult, your child will feel overwhelmed.

If they are too easy or too boring, they seem senseless.

Talk to your child about solutions.

Separate difficult tasks into small steps.

Make boring tasks more exciting.





# HOW CAN YOU HELP YOUR CHILD WITH THEIR HOMEWORK?

Homework is the children's job.  
And parents can help.

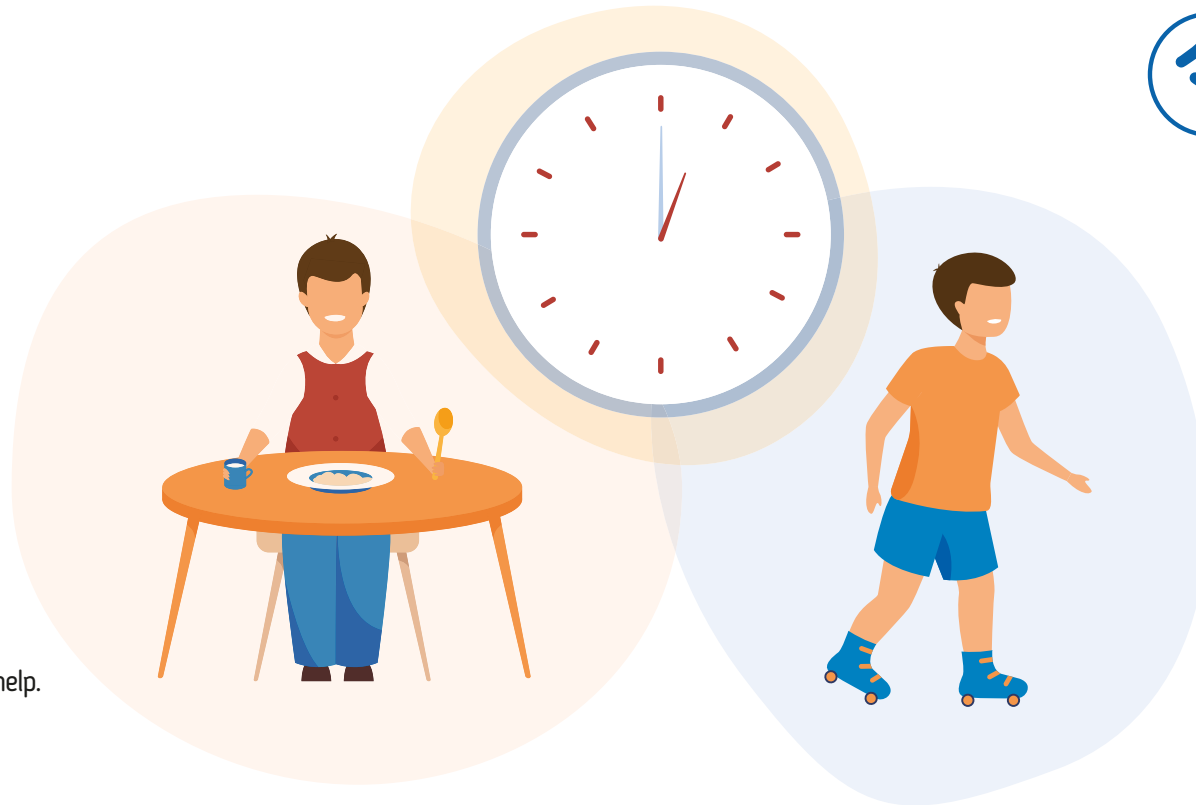
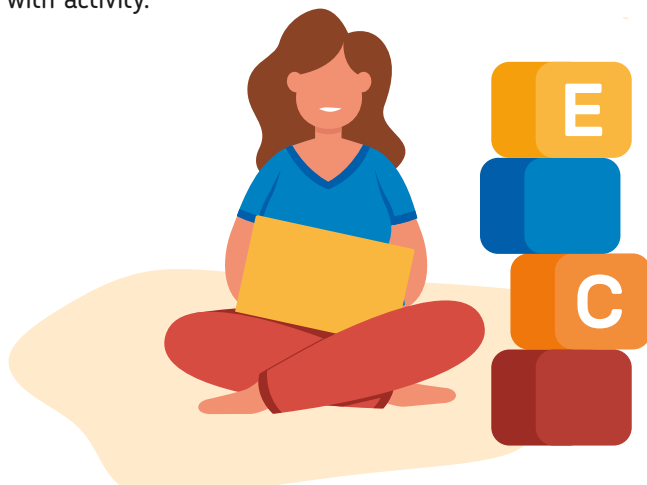
## THIS IS HOW YOU CAN SUPPORT YOUR CHILD:

### A good place for homework

Set up a bright and clean place for homework.  
A separate desk or a quiet kitchen table without distractions will help your child concentrate better.  
Favorite pens, nice notebooks or quiet music can motivate and help.  
No distractions from phones and TV.

### The right time for homework

The right time for homework  
Directly after lunch? Better not!  
Digestion makes you tired.  
But it doesn't work on an empty stomach either.  
Ideal: a small snack beforehand and enough to drink.  
Movement during breaks increases concentration,  
so plan short breaks with activity.



### A good plan for homework

Plan a fixed time for homework with your child.  
A clear routine gives security.  
After school, a short break to relax before your child starts the tasks can help.  
Write to-do lists, ticking them off motivates children.

### Do the hard stuff first

People often put off difficult tasks.  
Therefore: Do the difficult ones first.  
Then the easy ones.  
Some children prefer to start with the easy ones.





### Show interest

Show interest in your child's tasks.  
For example, ask: "What did you do at school today?"  
or "What homework do you have?"  
Then your child knows: I am important to you.

### Parents can help

But they don't do the homework for the children.  
Does your child have questions?  
Encourage them to solve the tasks themselves.  
Don't do everything for your child.  
Your child should learn independently.  
Show interest, but don't always sit by.  
Mistakes are okay.  
They show the teacher where there is still practice to be done.



### Praise and motivate

Praise and appreciation help.  
The child is happy.  
For example, say: "You did a good job!"  
  
Sweets as a reward are bad for children!  
Children always want a reward.  
Parents can say: "When you've finished your homework, you can play."



# WHAT CAN PARENTS DO IF THERE ARE DIFFICULTIES WITH HOMEWORK?

It is normal that children sometimes have problems with their homework.  
Stay calm.  
Look for a solution together with your child.

## Is the homework too difficult?

Take a break with your child.  
Divide the tasks into small pieces.  
Start with something simple.

## Is the homework difficult every day?

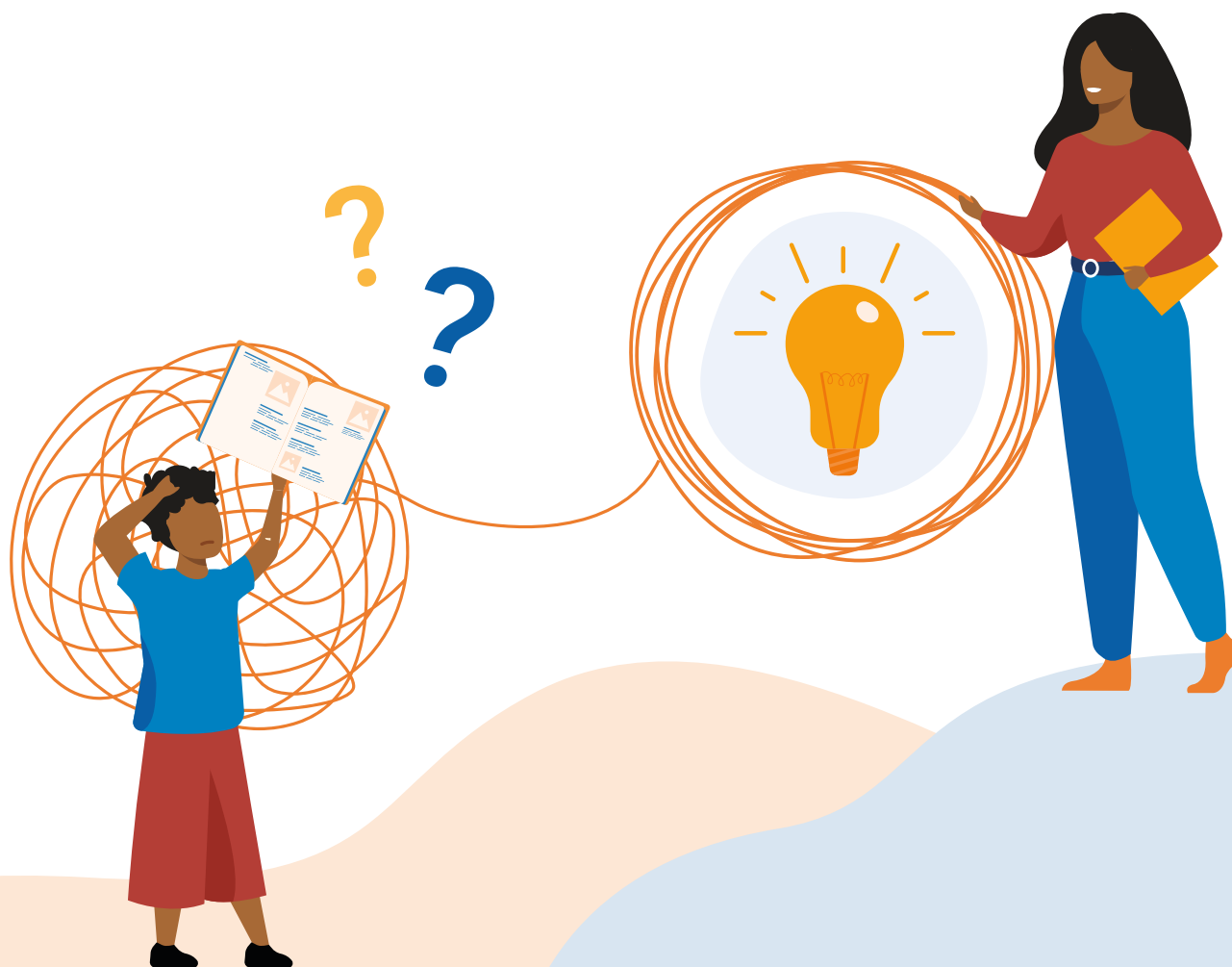
Talk to the teacher.  
Maybe your child doesn't understand what the teacher wants them to do.  
Maybe the tasks are too difficult.  
Maybe there is too much homework for your child.  
Parents can discuss with the teacher and the child what will help the child.

## There are many ideas:

Should the child go to after-school care?  
Does the child need extra lessons?  
Does the child need less homework?  
Should the teacher explain the homework better?

## Maybe your child doesn't want to do homework:

Sometimes children don't feel like doing homework.  
Make the environment pleasant.  
Tell them why homework is important.  
Praise small successes.





### Tips for parents

- 💡 Make sure your child gets 8 hours of sleep at night.
- 💡 Make sure your child takes a break.
- 💡 Talk to other parents about homework.
- 💡 Show patience.

### Cooperation with the school

Parents and school should work together.  
Is your child often overwhelmed or has no time for other things?

Talk to the teacher.

Together you can find a solution.

Homework is part of school.

It helps children to become independent and to manage their time well.

It also helps children practise what they have learned.

Homework prepares children for working life.

With your help, your child can learn to work independently and enjoy learning.

With your help, homework can be positive and stress-free.

Your child is not just learning for school.

It also learns to be independent and not to give up.

Together you can create a good learning environment.

Your child will feel comfortable and enjoy discovering new things.





## HELPFUL OFFERS:

### Literatur and helpful websites for adults:

- Hausaufgaben machen – Tipps wie Eltern bei den Hausaufgaben helfen, Annika Becker  
→ <https://www.studienkreis.de/blog/hausaufgaben-richtig-unterstuetzen/>
- So unterstützen Eltern ihre Kinder effektiv – Elterninformationen  
→ <https://www.klassenzimmer.de/info/so-unterstuetzen-eltern-ihre-kinder-effektiv#:~:text=Doch%20wie%20k%C3%B6nnen%20Eltern%20ihre%20Kinder%20effektiv%20bei,die%20Hausaufgabenzeit%20in%20eine%20positive%20Erfahrung%20zu%20verwandeln>
- Bayrischer Erziehungsrategeber: Hausaufgaben  
→ <https://www.baer.bayern.de/kinderbetreuung-schule/schule/hausaufgaben/index.php#:~:text=Wie%20k%C3%B6nnen%20Eltern%20ihr%20Kind%20bei%20den%20Hausaufgaben,braucht%20mein%20Kind%20so%20lange%20f%C3%BCr%20die%20Hausaufgaben%3F>
- „Lehrerschmidt“ Youtube Videos helfen Ihren Kindern für Mathe  
Zum Beispiel schnelle Prozentrechnung:  
→ <https://www.youtube.com/watch?v=i0lvbHLuTLw>
- Checker Tobi, Julian, Marina und Can auf Kika ist eine Kinderwissenssendung die verschiedene Themen aufgreift und erklärt. Die Sendung ist auch in der ARD Mediathek online verfügbar.  
Zum Beispiel Wolken Check:  
→ <https://www.ardmediathek.de/video/checker-reportagen/der-wolken-check/kika/Y3JpZDovL2JyLmRIL-3ZpZGVvLzlkNTZhZGI4LWMwOWItNGM3YS05MT-AOLTMwNTgzNDNmYWE2Yi9icm9hZGNhc3Q?isChildContentn>

- Phase 6 bietet eine E-Learning Plattform zum Vokabeln lernen
- **Klexikon** online verfügbares Kinderlexikon:  
→ [https://klexikon.zum.de/wiki/Klexikon:Willkommen\\_im\\_Klexikon](https://klexikon.zum.de/wiki/Klexikon:Willkommen_im_Klexikon)
- **Helles Köpfchen** ist eine Wissensseite für Kinder:  
→ <https://www.helles-koepfchen.de/wissen/>
- **FragFINN.de**, eine online Suchmaschine für Kinder:  
→ <https://www.fragfinn.de/>





# COURSES, CONTACTS AND ADVICE CENTERS:

- Nummer gegen Kummer Elterntelefon → [0800 111 0 550](tel:08001110550)
- Step-Beratungstelefon → [0211 81 97 10 81](tel:021181971081)
- Online-Familienberatung der Caritas  
→ <https://www.caritas.de/hilfeundberatung/onlineberatung/eltern-familie/start>
- bke-Elternberatung (online)  
→ <https://eltern.bke-beratung.de/views/home/index.html>
- Starke Eltern – Starke Kinder-Elternkurse  
→ <https://sesk.de/kurs-suche/>
- Familienpat\*innen  
→ <https://www.familienpaten-bayern.de/informationen-interessierte-fampa-bayern/fuer-familien-fampa-bayern.html>



## Contact

Der Kinderschutzbund  
Landesverband Bayern e.V.  
Goethestr. 17  
80336 München  
Tel.: 089 92 00 8919  
E-Mail: [elternbildung@kinderschutzbund-bayern.de](mailto:elternbildung@kinderschutzbund-bayern.de)

Us on social media



[kinderschutzbundlvbayern6395](#)



[der\\_kinderschutzbund\\_bayern](#)

Would you like to receive ElternPost by mail in the future?  
Please send an email to:  
[elternbildung@kinderschutzbund-bayern.de](mailto:elternbildung@kinderschutzbund-bayern.de)  
with the subject: *"Inclusion in ElternPost distribution list"*

This letter for parents was developed within the framework of  
the Project "Interkulturelle Elternbildung"



Gefördert durch

Bayerisches Staatsministerium des  
Innern, für Sport und Integration

Illustrationen: Freepik.com (abgeändert)