

10 Ways to Help Your Child Manage Time

1. Give your child a daily planner or calendar. They're valuable aids for organizing and gauging time.
2. Limit TV, computer, and phone usage so they don't interfere with the time needed to get schoolwork done.
3. Promote proper rest and nutrition. Plenty of sleep and a healthy diet increase energy and the ability to accomplish more.
4. Encourage making a "To Do" list each night so your child prepares for what needs to be done the next day.
5. Help your child prioritize. The most important tasks should be completed first.
6. Suggest keeping materials and papers organized. The less time spent looking for items, the more time spent getting things done.
7. Try to prevent your child from taking on too many activities. Make sure enough time is allotted for school work and sleep.
8. Teach your child to break large projects into smaller tasks. This will make daunting assignments more manageable.
9. Remind your child that perfection isn't necessary. Trying to be perfect can cause stress and procrastination.
10. Have your child combine activities – such as reading while riding the bus – to make an effective use of time.

Remember, you serve as a role model for your child, so manage your time wisely, also.