

## HOW TO STUDY WITH KIDS IN THE HOUSE!

Have a visible sign that this is *your* study time. A red bow on your desk, a sign on the fridge, or even a special hat on your head alerts your family that you are studying.

Your family will become accustomed to your study habits if you stick to 50-minute study blocks.

When your older children have a question while you are studying, have them write the question down and hand it to you.

Set your kitchen timer for 50 minutes so that the children will have a visual reminder of the amount of time remaining in your study block.

Offer a small reward for their cooperation while you study. For example, offer to take them outside for a popsicle when you are finished.

Or, give them a "reward card" (a 3x5 index card) for each time they cooperate during your study time. At the end of the week they can redeem cards for a special privilege (like renting a video).

For small children, collect a basket of quiet toys (coloring books, stuffed animals, etc.) that you bring out to play with only while you are studying. This keeps the toys "fresh" and interesting to hold their attention while you're busy.

As much as possible, keep your children's sleep schedules as similar as possible. For example, your 3-year-old might be happy to skip a nap and go to bed early with your 5-year-old, allowing you more time in the evening.

Wake up early (before the kids) or stay up late (after they go to bed) to give yourself more study time.

Hire a "mother's helper" to come watch your kids at the house while you study. An 8 or 9-year-old that can't babysit by themselves, yet, would be happy to occupy your children's time for less money than a regular babysitter.

Find other students with children of similar ages and take turns providing study time for each other.

Be specific when requesting assistance from other adults in your family. Instead of saying, "Can't you help me? I'll never get this done!", say, "Will you take the kids outside until 7:15? I need 30 minutes to finish this chapter."