

Learning at home one-pager: Preteens (10-12 years)

Every day

- Homework routine run by your child, with you nearby for questions.
- Study by self-testing: close the book, recall, check.
- Short practice sessions spread across the week, not one long one.
- Reading for pleasure every day, their choice of book.
- Ask about ideas and effort, not only grades.
- Sleep: 9-12 hours a day, devices out of the bedroom.

Things to talk about

"Which part do you want to tackle first?"

"Close it. Tell me what you remember."

"What strategy did you use? What would you try next time?"

"What did you read today that surprised you?"

Go easy on

- Doing the work, or checking every answer.
- "You're so smart" as the main praise.
- Paying for grades or for things your child already enjoys.
- Screens in the bedroom at night.