

When My Child Does Not Want to Do Their Schoolwork

Parent Checklist

Step 1: Pause and Observe

- ☐ I took a breath before reacting
- ☐ I reminded myself this is not a failure
- ☐ I noticed my child's mood and energy level

Step 2: Ask the Right Questions

- ☐ I asked what feels hard right now
- ☐ I listened without interrupting or correcting
- ☐ I validated their feelings, even if I disagreed

Step 3: Check for Common Roadblocks

- ☐ The assignment feels too long or overwhelming
- ☐ The material may be confusing
- ☐ My child is tired, hungry, or overstimulated
- ☐ Fear of mistakes or perfectionism is showing up

Step 4: Adjust the Plan

- ☐ I broke the work into smaller steps
- ☐ I offered two simple choices
- ☐ I changed the location or time of day
- ☐ I allowed a short movement or snack break

Step 5: Support Without Taking Over

- ☐ I helped them start, not finish
- ☐ I focused on effort instead of correctness
- ☐ I avoided power struggles or ultimatums

Step 6: Reflect on the Pattern

- ☐ This is a one day struggle, not a habit
- ☐ This happens at the same subject or time
- ☐ My child may need a different pace or format

Step 7: Decide What Comes Next

- ☐ We finished a small part and stopped
- ☐ We paused and planned to return later
- ☐ I noted what worked and what did not

Parent Reminder

- ☐ One hard day does not define our homeschool
- ☐ Learning includes emotional growth
- ☐ Support is not the same as giving up