

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