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Health and Wellness Tip of the Week Week 39 – September 23, 2019

Homework Helper

Homework can be an intimidating task for children. Being involved in your child's after school work can help them feel more comfortable.

- Let your child know that school and homework are important
- Be aware of the work your child is given and what the expectations are
- Provide support to grow good organizational skills and homework habits
- Keep an open dialogue with your child's teacher to help solve any issues

Source: U.S. Department of Education

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

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