

Tips from Lindsey Biel, M.A., OTR/L and Nancy Peske, the Authors of

## RAISING A SENSORY SMART CHILD

# 6 Simple Tips for Turning Homework Hassles into Homework Harmony

Homework hassles plague many families. With such limited time after school to sit down with kids and help them organize and do their homework, both parents and children are far too stressed out. Fortunately, there are some great tips for turning those homework hassles into homework harmony—tips from the team of Lindsey Biel, OTR/L, a pediatric occupational therapist from New York City who works with school-age kids with sensory issues and kids with autism, whose homework

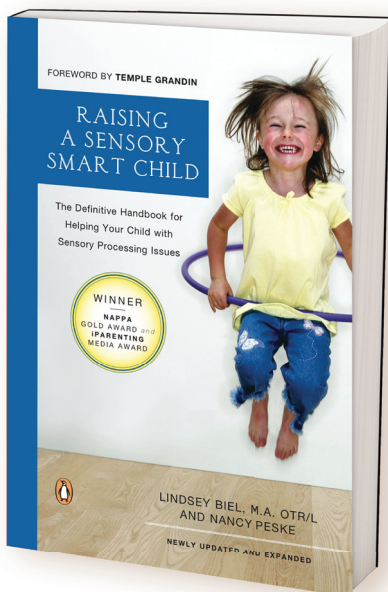
struggles are even more intense, and Nancy Peske, parent of a child with sensory issues, organizational issues, and a related learning disability.

Some of the tips Lindsey and Nancy can discuss are ingenious and often involve very minor changes to the homework environment and process. You'd be amazed at what a pack of gum can do for a homework-resistant child!

### DID YOU KNOW THAT:

1. Proper seating, lighting, and even positioning of hands, books, and body can make it easier for a child to focus. Find out why an inflatable bumpy cushion can make all the difference!
2. Background noises and even smells can be distracting for some kids (no homework in the kitchen while making dinner!)
3. A few sticks of gum and a handful of other everyday items set up at the homework spot can do wonders to keep your child attentive
4. Simple accommodations for the disorganized child, such as a second set of books and an assignment notebook signed off on by parent and teacher, can ensure that kids have the information and directions they need to do their work
5. Certain CDs or audio files played on a computer near the homework spot or a personal music player can switch on a child's focusing ability
6. Jumping on a mini-trampoline or bouncing while sitting on an exercise ball can make going over math facts and spelling words infinitely easier

***Homework does not have to be a hassle!***



**RAISING A SENSORY SMART CHILD:**  
*The Definitive Handbook for Helping Your Child with Sensory Processing Issues*  
Penguin; on-sale August 25, 2009  
ISBN: 978-0-14-311534-2 \$16.00

Lindsey and Nancy have even more great tips to offer, drawn from their award-winning book **RAISING A SENSORY SMART CHILD: The Definitive Handbook for Helping Your Child with Sensory Processing Issues**, now expanded and rereleased by Penguin Books and featuring a chapter on autism and even more practical solutions for everyday problems!

FOR MORE INFORMATION PLEASE CONTACT  
Abigail Dalton: 212.366.2226 or [abigail.dalton@us.penguin.com](mailto:abigail.dalton@us.penguin.com)  
Sonya Cheuse: 212.366.2078 or [sonya.cheuse@us.penguin.com](mailto:sonya.cheuse@us.penguin.com)