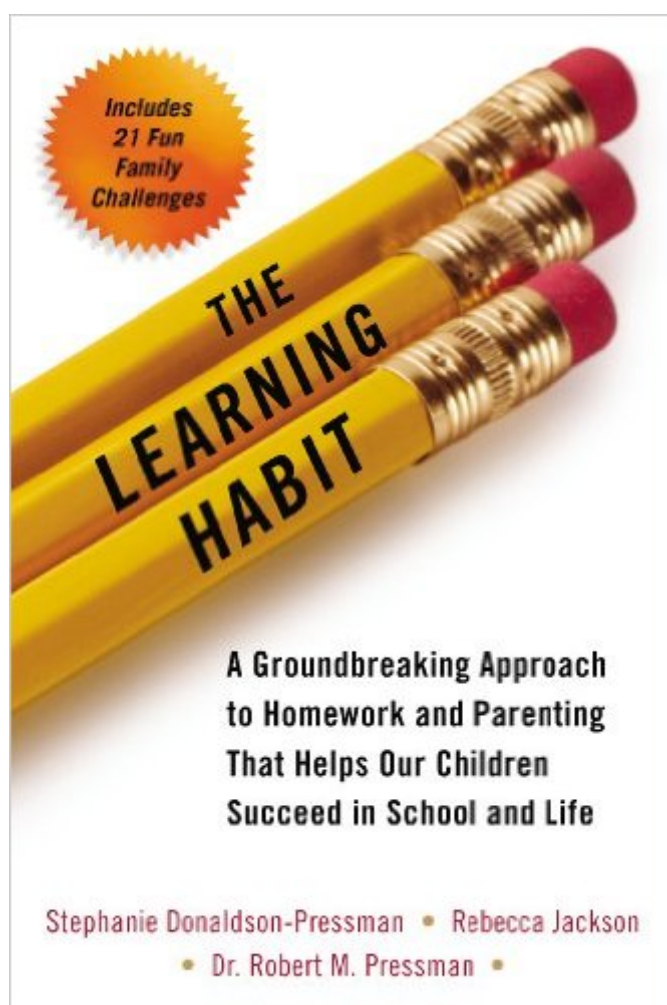


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# The Learning Habit: A Groundbreaking Approach To Homework And Parenting That Helps Our Children Succeed In School And Life



## Synopsis

A groundbreaking approach to building learning habits for life, based on a major new study revealing what works — and what doesn't. Life is different for kids today. Between standardized testing, the Common Core Curriculum, copious homework assignments, and seemingly endless amounts of screen time, it's hard for kids — and parents — to know what's most essential. How can parents help their kids succeed — not just do well on the test — but develop the learning habits they'll need to thrive throughout their lives? This important and parent-friendly book presents new solutions based on the largest study of family routines ever conducted. *The Learning Habit* offers a blueprint for navigating the maze of homework, media use, and the everyday stress that families with school-age children face; turning those stress times into opportunities to develop the eight critical skills kids will need to succeed in college and in the highly competitive job market of tomorrow — skills including concentration and focus, time management, decision-making, goal-setting, and self-reliance. Along with hands-on advice and compelling real-life case studies, the book includes 21 fun family challenges for parents and kids, bringing together the latest research with simple everyday solutions to help kids thrive, academically and beyond.

## Book Information

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## Customer Reviews

As a single father of two who works full time, it's refreshing to read a book that finally backs the concept we all suspected. Homework time includes several activities and they are all equally important to a child's GPA. Limiting screen time is one of them. This is something I already started

doing I limit it on school nights, but it was really interesting to learn about how it affects grades. Also, too much time spent on homework causes a decrease in GPA. The authors give specific amounts of time to use, and then have children focus on other activities which they also consider homework. These include chores, sports and family activities. I started using the homework habit guidelines immediately, and it made a big difference in our house. Normally my kids will fight me on homework, but they haven't since we started the new routine.

"Captivating book about how children learn and how to create habits. What makes this title "stand-out" are the clear guidelines it gives for everyday problems I face as a parent. Things like homework and screen time. I have two children who are in elementary school and finding a balanced routine that works for everyone is key. I juggle a busy calendar filled with work (mine), kids sports practice, homework, dinner. It never occurred to me to have a homework habit or a screen time schedule. I just started the new routine, but it is going really well. I don't normally take time to go back and review a book, but this one was a lifesaver!"

I love this book! As a mother of 5 school aged children, I needed some ideas on essential rules and routines to make the school year go well. The anecdotes and examples are very helpful. The book is well written and easy to read. Every parent needs this book to help them set their children up for success in school and in life.

Great information driven by a large amount of data. I'm an analytical and data driven person. This book is extremely well versed in the data behind what makes kids successful. I originally bought it because of the data about the impacts of 'screen time'. It is very helpful in that regard as well as several other aspects of raising children and providing the boundaries around that.

My wife and I have struggled with our 2nd grader's homework since he started the 1st grade. Once I started following the routines suggested by the book we started to notice an immediate change. We don't fight regularly like we used to, it's rather infrequent now and not nearly to the same scale it once was. However, we have only been working on these systems for almost two months now. Giving our son a specified amount of time (20 minutes) to get his homework addressed has been a learning curve for all of us, but I believe it is a sound solution. He is receptive to working for 20 minutes and does so without argument. I think it's because he knows what he's in for. In the past, homework could last hours and usually ended up with him being grounded or having

something taken away. This hasn't happened since we started the 20 minute routine. We've also limited his screen time (iPad/tv/xbox) to 1hr/day. This is divided up into 30 min for consumption and 30 min for creativity. He scoffed at the idea originally and it can still occasionally be the source of ire, but he is compliant for the most part. For the creativity portion of his screen time, he found a drawing program on his iPad that teaches him how to draw transformers and he's been doing it every night and is proud of his drawing. On the weekends and days when he's out of school we expand it to two hours (1hr/1hr)--which I'm not too proud of an am still not sold on. Empowering your child means being willing to let them fail. This takes some willpower and both parents must buy in to this or it fails. My wife and I are still trying to get on the same script with this, but it's likely going to take some semi-formal documentation noting what we've both agreed to do. I look forward to reading the second half of the book. Thank you for this!

What a well-written, engaging, and educational resource for both parents and educators! Being a parent who has struggled with some of these issues on a personal level with my children, and an educator who observes similar challenges with my students and their families as well, it is wonderful to have a well researched resource to turn to. The Learning Habit has a permanent position on my bookshelf both in my home and in my classroom!

A Terrific Resource! The Learning Habit offers simple yet effective ways to instill confidence and self-reliance in your child and encourage a love of learning that will last a lifetime. Real-life stories, presented in short vignettes, shed new light on how to help your children develop the skills they need to succeed "in school and in life. These clinically tested and proven approaches to resolving the daily challenges of parenting are presented in straightforward, easy-to-follow steps that can make a real difference in your child's behavior, happiness, and achievement.

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Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits)  
Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature)  
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