

#1) Studying when you have
children underfoot



*Can you think of ways to study
alongside your children?*

Hints: creative play, planning interruptions, tv

#2) Studying when you have
children underfoot



*Can you think of ways to study
alongside your children?*

Hints: games, doing something, cooperation

Card 1~~ Depending on the age of your child(ren), these strategies can be adapted to make it possible for you to combine study time and time with your family.



- Plan tasks for your child—have creative play materials available such as special clay or drawing items. Consider allowing such activities only while you study to make the time especially attractive. Set up a desk for your child near you.
- Allow for interruptions—schedule the kind of studying that can be interrupted. For example, write out or review flash cards with key terms.
- Use television creatively—select fun educational programs that keep your child’s mind active. Allow your child to use headphones so the house stays quiet while you study.

Concepts developed by Dave Ellis in Becoming a Master Student

Card 2-- Studying when you have children underfoot

- Make it a game—choose studying the child can participate in. For example, recite formulas to your child while making funny faces, play school and let your child hold the flashcards, use kids as an audience for a speech. Kids love energy and enthusiasm.
- When you can't do everything, just do something—if it's hard to concentrate with your children underfoot, do things like skim a chapter rather than read it in depth, read the summaries of a section, or skim your class notes.
- Ask for cooperation—talk with your child about how important study time is for you and reward him/her with attention and praise when they are quiet. Help your child feel included and important to your studying.



#3) Studying when you have
children underfoot



*Can you think of ways to study
alongside your children?*

Hints: routine, HELP, community

#4) Studying when you have
children underfoot



*Can you think of ways to study
alongside your children?*

Hints: Playmates, study breaks

Card 3--Studying when you have children underfoot



- Develop a routine—set up a regular time so your children know when to allow you time to concentrate on your studies.
- Ask other adults for help—offer to trade childcare with a friend or neighbor, ask your spouse or partner to help.
- Find community activities and services—check with schools and community agencies for programs for children where your child can be active and supervised. Look into children’s programs at the library where you can study while your children have fun.

Card 4~~ Studying when you have children underfoot

- Find a playmate—some children can pair off with close friends and have fun for hours. You can check on them and still gets lots of work done.
- Plan study breaks with children—take regular breaks and spend time with your child, or let your child know what time you will be finished studying and can be with them. Set a timer so they can keep track of when you'll be available.

