

Studying With Children Underfoot

Back on Track



For anyone who has tried to study with children around, the task is usually frustrating and sometimes impossible, depending on the age of the children. These tips, taken from the book, *On Becoming a Master Student*, are worth trying:

- Plan tasks for your children while you study: silly putty, blocks, coloring books and other toys can engage your child's interest while you study.
- Childproof a room to study and fill it with toys. Make it a place where children can roam with minimal supervision.
- Allow for interruptions. Schedule the kinds of study activities, like reviewing flash cards, which can be interrupted.
- Use television creatively, selecting videos or educational programs. Have your child use headphones so you can concentrate.
- Make studying a game by getting your children to help by holding study cards and talking to them about what you are studying.
- Ask for cooperation and reward them when they respect your study time.
- Attend to your child's needs first by spending time with them prior to studying.
- Plan study breaks with your children or reward them with time together after you finish studying.
- Develop a routine and keep to a schedule, giving rewards for keeping the schedule.
- Ask other adults to help you with childcare at times when you must study alone, or find community activities such as day care services.
- Find a playmate for your child while you study. Despite your efforts to study at home when children are present, you may find that your best and most productive study time is at school, in the quiet, private atmosphere of the library

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