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The Learning Habit: A Groundbreaking Approach to Homework and Parenting That Helps Our Children Succeed in School and Life

By Stephanie Donaldson-Pressman

Perigee Trade. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.3in. x 5.4in. x 0.7in. 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...



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