

## Study Tips for Students with Children

The following provides strategies to balance your work and time with your child/children. The strategies you pick depend on your schedule and the age of your child/children.

- Try to study at College (perhaps arrange time to work after or before class).
- Ask your spouse or partner to help out.
- Talk to your children about how important this education is for you and make time for your children.
- Take the time to be with your child/children when they first come home.  
Concentrated quality time is better than longer periods of partial attention.
- Children enjoy routine so set time to study and time to spend with your children. Both of you will fall into a routine and will know what to expect.
- Reward your child/children with praise or attention, when they have allowed you to study.
- Try to do your studies when your child/children are completing their homework or playing with an activity that they enjoy (i.e., play dough, colouring book, etc.).
- You could even set up a desk for you and desk for you child/children and or set a childproof area where a child can play freely with minimum supervision.
- Try to ensure that your study time becomes a positive experience for you and your child/children.
- Carry out difficult course work when the children are asleep (this can be either in the evening or early in the morning).
- Schedule in study times leaving some unplanned time when you can catch up. This will also help you with interruptions.
- If you have friends with children, you could have child care swaps, that is, your friend takes care of your child/children for couple of hours one week and you take care of their child/children another week or at the weekends.
- Have a list of babysitters (your mother, aunt, uncle, nieces, nephew, brother, sister, friend, next door neighbor, relative's friend etc) that you can call upon when your child, who can not go to daycare due to sickness but you need to go to school.