

**MARCI IEN**  
Journalist



**SCREEN-FREE DAYS AND DAILY JOURNALLING**

"As far as screens go, unless they are needed to complete homework assignments we have a no-screens house rule on Tuesdays and Thursdays. Quiet time is also important in our house and helps to balance the stress of school and work. I encourage my kids to write down their thoughts in a journal. I believe self-care is learned so it's a path I'm putting my kids on at an early age." *Marci Ien, co-host of The Social.*

**SARA DIMERMAN**  
Psychologist, author



**SHORTER FOCUSED STUDY PERIODS SANS SOCIAL MEDIA**

"Help your teens recognize that studying or doing homework for shorter periods (45 minutes, for example) with more focused attention, rather than pushing themselves to work for two hours. Also, since technology, in particular, is a big form of distraction, taking breaks every 45 minutes to check their phones (for five to 10 minutes) may be a 'reward' after focused attention." *Sara Dimerman, author of five books including her latest, Don't Leave, Please Go.*

**ROZ WESTON**  
Entertainment reporter



**KIDS THRIVE ON ROUTINES AND PLANNING**

"Our daughter thrives when we're all working the routine. Routines can be fluid, you can tweak them, but there always needs to be a plan. Our daughter, Roxy, is turning 10 and going into Grade 4 this year. She's still a bit young for social media and, to be honest doesn't show a huge interest in it, but we do limit screen time. For us, no TV or iPad for the first hour when you get home from school (even if your homework is done)." *Roz Weston, entertainment reporter at ET Canada and Kiss 92.5 host.*

# PARENTS SHARE THEIR TIPS FOR SCHOOL SUCCESS

These days, kids are pulled in many directions once the academic year gets underway: getting reacquainted with friends, signing up for clubs, keeping that social media engine cooking, oh and a mountain of new school work. We need all the help we can get. Here are six tips from in-the-know parents.

**TYRONE EDWARDS**  
TV personality



**EMBRACE AREAS OF DIFFICULTY**

"Life is eight and Lyric is 18, so the convos do differ as Life is entering Grade 3 and Lyric her second year of university. The common thread is not shying away from areas of difficulty. If you're having trouble with something, how you react and how you word it is key. For example, 'I haven't got the hang of it yet' versus 'I'm no good at this.' My girls have to at least try, which comes from my mother actually. 'Nothing tried, nothing done.'" *Tyrone Edwards is a reporter with CTV's Etalk.*

**REBECCA ECKLER**  
Writer



**YOU MIGHT NOT THINK YOU NEED A TUTOR, BUT YOU DO**

"Hire a tutor once a week, for an hour, whether your child needs one or not. Not only will they help in a subject or course material, many tutors also help to simply organize children with all their homework, directing them on what to work on and what classes and homework should be a priority on that given week." *Rebecca Eckler, author of Blissfully Blended Bullshit and other books.*

**HEATHER GREENWOOD DAVIS**  
Writer, explorer, speaker



**EVERYONE'S NEEDS ARE DIFFERENT, EVEN SIBLINGS**

"Remember that each of your kids can need very different things. Treating them in the same way can do more harm than good. With our sons, one needs a clear evening schedule to be able to focus on homework and projects. The other needs activity, and we found that filling his schedule with sports and leaving an allotted space for homework allowed him to better structure his time and focus on his studies." *Heather Greenwood Davis, contributing editor of National Geographic Traveler.*