



sound advice

HELPING YOUR CHILD WITH HOMEWORK

While no one loves doing homework, it's important to set a positive tone for your child. Let them know that you recognize that homework is hard, but you'll help them figure it out. It's a good idea to establish a homework routine; some kids do better starting right after school, while others need to decompress before they can get started. And don't make your kids do all their homework in one marathon session. Research shows that kids work best for 30 minutes at a time. Let them take a break to get a snack or even text a friend. It will make homework time less stressful for everyone.

Parents wonder how much assistance they should offer. You don't want to do all the problems or write the paper for your child, but it's fine to provide some information to get them "unstuck." The goal is for your child to do the best he or she can to learn the material and for you to preserve your relationship with your child. Remember, "It takes a village." You may not be knowledgeable in every subject (especially as your child gets older). If it's not your strong suit, call in a friend who is good in math or hire a tutor for certain subjects.

Mandy Ginsberg is the CEO of tutor.com and the mom of a 15-year-old and a 5-year-old. For more homework tips, visit dfwchild.com.



rhythm as remedy

Now thanks to the Chinn Guitar Project, kids on the long road to recovery at Children's Medical Center in Dallas have wider access to the hospital's music therapy program. Since its launch earlier this year, the nonprofit has given Children's more than 20 guitars, tripling the number available to patients, plus several for kids to take home for keeps.

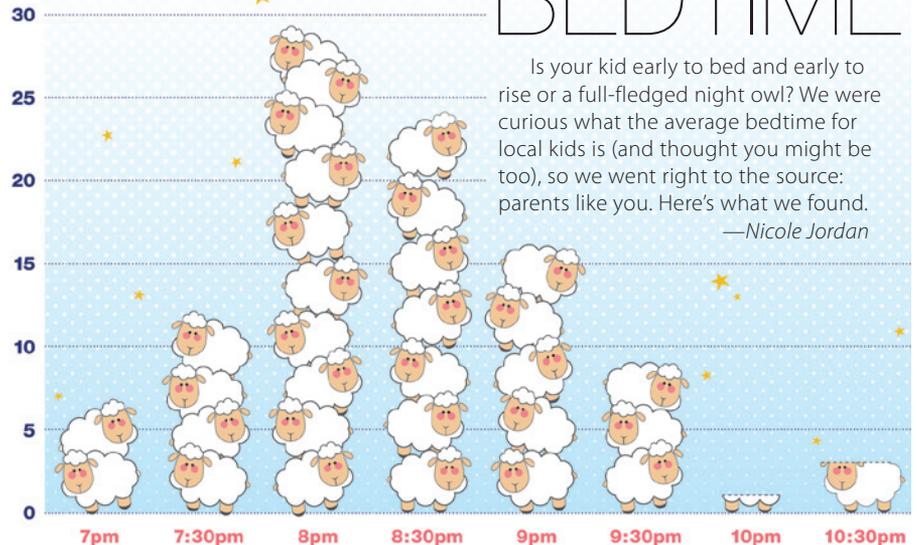
Tara Chinn, a 16-year-old girl who spent much time strumming her own guitar while seeking treatment for frontal lobe epilepsy, created the nonprofit with her father, Longview businessman Ken Chinn, to give those like her a creative outlet to help distract from their pain. The Chinns hope to expand the donations to Children's and more programs across the country. For details on how you can get involved, visit chinnguitarproject.org.

—Elizabeth Smith



Anyone who has turned on the radio to ease end-of-day tensions knows this to be true: Music feels good, and, according to researchers, music's healing properties are especially useful on a physiological level for those with serious ailments.

% OF READERS



BY THE NUMBERS: BEDTIME

Is your kid early to bed and early to rise or a full-fledged night owl? We were curious what the average bedtime for local kids is (and thought you might be too), so we went right to the source: parents like you. Here's what we found.

—Nicole Jordan