



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

*Stephanie Donaldson-Pressman, Rebecca Jackson, Robert Pressman*

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**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 latest research with simple everyday solutions to help kids thrive, academically and beyond.

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