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# Homework Helpers

*Fall report cards are coming out soon. Do your kids need help with homework?  
Skip the tutor: try these surprising stress-busters first!*

## Look at the Lighting

First, check the lighting over the desk or table where they are doing their homework. Is it a full-spectrum light bulb? If not, you may be increasing your child's homework hassles.

The Summit Charter School in Florida studied the effects on their students with learning disabilities, many with ADHD, under my full spectrum fluorescent lighting. For six weeks, the teachers kept records on the impact under regular cool white fluorescent tubes and then for another six weeks under the full spectrum bulbs. They reported significantly better behavior patterns, fewer headaches and eyestrain, and an increase in classroom productivity! One teacher was so pleased she said at the end of the study, "If you intend to remove these from my room you will have to fight me for them!"

**Full spectrum lighting can reduce stress, improve kids' behavior, ease headaches and eyestrain, and increase productivity.**

## Monitor that Music

Next, check what your kids are listening to. A study published in *Neuropsychology* found that students with above average math abilities were using both the left and right sides of their brains. Special subliminal music can help accelerate learning, as one woman found when her son was studying math. He began playing the music as he started his homework. Five minutes later, he came out of his room and said that the math homework he had been struggling with suddenly made sense.

Another parent reported his child, listening to this music, was completing homework in record time and starting on homework for the next day!

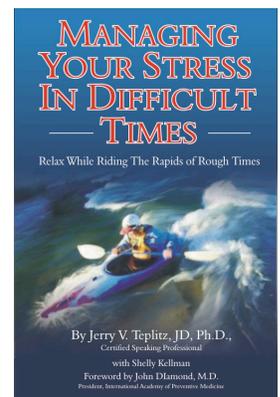
Some music, like hard rock, can actually create stress. A simple muscle-checking technique can tell you what music is soothing or stress-inducing.

**A special accelerated learning music program works subliminally to make homework fun and easy – really!**



Jerry V. Teplitz, J.D., Ph.D., is a professional speaker and pioneer in the area of stress management, teaching people how to have greater business and personal success by showing them how to tap into the power of their own personal energy systems. He has given more than 1,700 presentations to more than 1 million people since 1974, including many Fortune 500 companies.

Dr. Teplitz is the author of four books, including *Managing Your Stress in Difficult Times*, and has been interviewed on more than 300 radio and television shows. He is based in Virginia Beach, VA.



Jerry V. Teplitz, J.D., Ph.D.

**CONTACT JERRY TEPLITZ OR SANDRA LEE  
800.77.RELAX (800.777.3529) JERRY CELL: 757.619.2276  
JERRY@TEPLITZ.COM • WWW.TEPLITZ.COM**

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