

Parent Tip #2: Find the Sweet Spot for Amount of Learning Time



Competing demands between work and home

Amount of Sustained Learning Time

Structured learning activities should take the developmental age of the child into consideration. The amount of sustained learning time that a 4-year-old needs is quite different from that of a 14-year-old. At school, learning is separated by regular breaks, including lunch, recess, and passing periods. While there are no hard-and-fast rules, consider these general guidelines:



**3-5 years old
(Pre-K-K)**
15-20 Minutes



**6-8 years old
(Grades 1-3)**
About 30 Minutes



**9-13 years old
(Grades 4-8)**
About 45 Minutes



High School
About an Hour

