

PDA Homework Reset (Teen)

Simple shifts to reduce resistance and help your teen get started

Why homework triggers PDA

- Homework stacks demand, pressure, and evaluation
- Freeze can look like avoidance or defiance
- More prompting = more resistance

Parent nervous system first

- Pause before speaking
- Lower voice and pace
- Lead with calm, not urgency

Start with low-demand entry

- Offer help or privacy
- Suggest starting small
- Keep expectations flexible

What to say instead

Instead of: "You need to start your homework."

Try: "Want help starting or want space?"

Instead of: "Why aren't you doing it?"

Try: "What feels hardest right now?"

Instead of: "Just get it done."

Try: "Let's just look at the first part."

Instead of: "You're going to fall behind."

Try: "We can take this one step at a time."

Make it smaller (micro-steps)

- Open the laptop
- Read the first question
- Use voice-to-text instead of typing

If they say no

- Don't argue
- Offer choices
- Keep connection over control

Exit + repair

- Pause and return later
- Reassure connection
- Support next step tomorrow

PDA + homework = nervous system threat. Reduce demand, protect autonomy, keep connection. - Tara Triebel