

# End of the Year PUSH



DR. ANDREA C. WALKER  
DIRECTOR OF STUDENT WELLNESS  
NOVEMBER 29, 2021

## Maintaining Momentum Until Winter Break

TIPS TO KEEP YOUR CHILD MOTIVATED TO FINISH STRONG



Increase your child's internal motivation with these strategies:

1. ***Clarify their purpose.*** In age appropriate terms, help your child understand the reasons why school and home routines are important and how it fits into the bigger picture of their life.
  2. ***Facilitate reflection.*** Ensure that your discussions go beyond tasks and deadlines. Give your child frequent opportunities to think about how they're feeling and voice their opinions about what's working and what needs to change. Ask questions and listen to their responses.
  3. ***Gamify tasks.*** Look for ways to make work more like play. Encourage friendly competition.
  4. ***Empower your child.*** Resist the urge to micromanage. Let them take responsibility for completing their tasks and assignments their way within a specified timeframe. If they need structure after trying it their way, provide it.
  5. ***Be realistic.*** It's easier to be enthusiastic about a project when you know you can do it. Set small goals that are challenging but feasible. Provide adequate support and resources.
  6. ***Affirm small successes.*** Affirmations can help motivate a child. Aim to affirm your child at least once daily if possible.
-