

# Motivating your Child

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# How to Motivate your Child to Learn

*A. Fill your child's world with reading.*

- \* establish family reading time
- \* fill your home with printed materials

*B. Encourage him or her to express their opinion, talk about their feelings, and make choices.*

- \* ask for their input on family decisions and show that you value it
- \* good for self-esteem and self-confidence

*C. Show enthusiasm for your child's interests and encourage him/her to explore subjects that fascinate them.*

\* If he's a basketball fan, offer him stories about the game or challenge him to find five new facts on the subject

*D. Point out the new things you learn with enthusiasm.*

- \* discuss the different ways you find new information
- \* choose an activity that's unfamiliar to both and schedule it to do it together
- \* parents are the single most important modeling agent in a child's life

*E. Ask about what he's learning in school, not about his grades or test scores.*

\* have him teach you what he learned in school today- putting the lesson in his own words will help him retain what he learned

*F. Help your child organize her school papers and assignments so she feels in control of her work.*

\* if task seems daunting, she will spend more time worrying than learning

\* check in with her regularly to make sure she is not feeling overloaded

*G. Celebrate achievements, no matter how small.*

\* completing a book calls for a special treat

\* finishing a book allows your child an hour of video games

*H. Focus on strengths,  
encouraging developing talents.*

\* even if she didn't ace her math test, she may have written a good poem in English class

\* when she knows that she's talented in one area, she'll be confident enough to try to achieve in others

*I. Turn everyday events into learning opportunities.*

\* encourage him to explore the world around him, asking questions and making connections

Comparing a Perfectionist  
to a Healthy Striver:

# Perfectionist:

- Sets standards beyond reach and reason
- Is never satisfied by anything less than perfection
- In result of failure and disappointment, becomes depressed
- Sees mistakes as evidence of unworthiness
- Becomes overly defensive when criticized

# Healthy Striver:

- Sets high standards but just beyond reach
- Enjoys the process as well as the outcome
- Bounces back from failure and disappointment quickly and with energy
- Sees mistakes as opportunities for growth and energy
- Reacts positively to helpful criticism

# References:

- Scholastic- Parents
- American Academy of Child & Adolescent Psychiatry