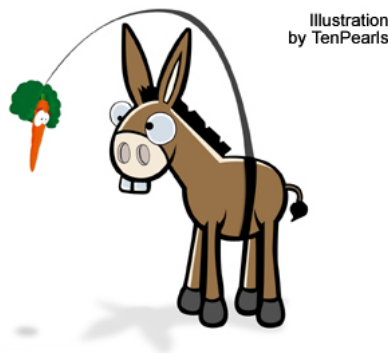


## **5 Ways to Help Motivate**

Here are some strategies for parents that can help motivate students, increase work completion, and reduce work refusal.

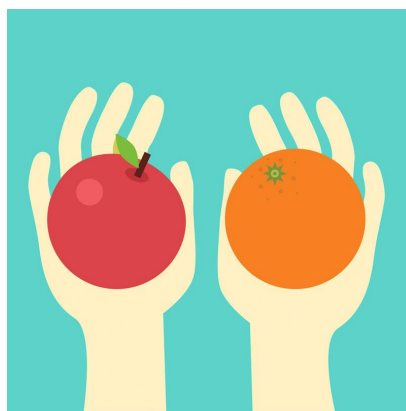
### **1. Create an incentive plan**

Develop a plan that outlines what work the student is responsible for and what incentives (rewards) they can earn. Each person is motivated by different things, so ask your student what would he/she like to work towards.



### **2. Give choices**

Try giving limited (pre-approved) choices. Having the power to make choices lets the student feel like they have some control while still restricting-task activities. Eg. “do you want to start with reading or math?”



### **3. Help teach task initiation**

Task initiation means getting started. When students lack the skills to get started, it can be extremely frustrating for everyone involved. Sometimes, students struggle to get started because they don't know where to start. Help by breaking large tasks down into smaller, more manageable chunks. Other times, it seems so big that it's overwhelming. Try offering the option to work for “only 5 minutes” before taking a break/earning an incentive. Sometimes that is enough to get the momentum started and get the student into a good flow.



**4. Focus on the relationship**

Relationship is everything! Talk to your child and take the time to really listen. Young people have a much easier time working with you when they know you really care. It's important to be seen as supportive but not punitive. Ask them what's going on and problem-solve about how you could help.



**5. Be reflective**

Ask yourself, is there anything you could be doing that might be triggering the student to refuse to work? For example, are you using a harsh or critical tone? Did you embarrass them in front of their peers? Are you setting realistic expectations or asking too much?

